

Regular Diet

MedStar Southern Maryland Hospital Center

Kitchen x4558

Our Promise to You

Welcome to the menu viewing system for MedStar Health. You are currently looking at the Regular Diet Menu for MedStar Southern Maryland Hospital Center.

Registered Dietitians worked in partnership with our culinary team to create chef-inspired meals to deliver nutrition that heals.

How to Place Your Order

A host/hostess will make contact with you throughout the day to take your order.

Using This Menu

This menu was designed to show you the items available on the regular diet. You can scroll through to review all of the items available. The blue links at the bottom of the page will allow you to skip around to different sections.

Abbreviation Key

LS	Low Sodium	NSA	No Sugar Added
LF	Low Fat	SF	Sugar Free



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Regular Diet

MedStar Southern Maryland Hospital Center

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Breakfast

Entrees

Scrambled Eggs

Hard Cooked Egg

French Toast

Buttermilk Pancakes

Create Your Own Omelet

Ham

Mushrooms

Bacon

Green Pepper

Sausage

Onion

American Cheese

Tomato

Cheddar Cheese

Spinach

Mozzarella Cheese

Sides

Hash Brown Potatoes

Bacon

Turkey Bacon

Turkey Sausage

Morningstar Veggie Sausage

Cottage Cheese

Cereal

Cream of Wheat

Raisin Bran

Oatmeal

Rice Krispies

Cheerios

Rice Chex

Corn Flakes

Greek Yogurt

Bread

Vanilla

Bagel

Blueberry

English Muffin

Strawberry

Toast

sodexo

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Lunch/Dinner

Entrees

Pasta with Meat Sauce
Herb Baked Chicken Leg Quarter
Herb Baked Chicken Breast
Jerk Chicken Thigh
Macaroni and Cheese
Roasted Turkey Breast
Salmon Cake
Meatloaf
Braised Beef Pot Roast

From the Grill

-Sautéed mushroom and onion available upon request

All Beef Hamburger Veggie Burger
Chicken Breast Turkey Burger

Create Your Own Quesadilla

-Served with lettuce, tomato, sour cream and salsa

Steak Cheese
Chicken Veggie

Create Your Own Stir Fry

-Served with white rice and stir-fry veggies

Beef Veggie
Chicken Tofu

Flatbread Pizza

Pepperoni Green Pepper
Sausage Tomato
Fresh Mozzarella Onion
Mushroom Spinach
Black Olives



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Soups, Sandwiches and Salads

Create Your Own Deli

Bread Choices: White • Wheat • Rye • Flour Tortilla

Roast Turkey	Egg Salad
Roast Beef	Tuna Salad
Ham	Chicken Salad
Peanut Butter & Jelly	Hummus

Entrée Salads

Chef Salad
Chicken Caesar Salad
Strawberry Fields Salad
Fresh Fruit Platter
Hummus with Pita and Vegetables

Side Salads

Garden Salad	Cole Slaw
Caesar Salad	Cottage Cheese

Salad Dressings

Italian	Ranch
Fat Free Italian	Fat Free Ranch
Caesar	French
Balsamic Vinaigrette	Fat Free French

Soups

Tomato	Beef Broth
Chicken Noodle	Chicken Broth
Garden Vegetable	Vegetable Broth
Cream of Potato	



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Sides

Vegetables

Baby Carrots
Broccoli
Cauliflower
Green Beans
Yellow Squash

Starches

Roasted Potato Wedges
Mashed Potatoes
Mashed Sweet Potatoes
French Fries
Macaroni and Cheese
White Rice

Compliments

Dinner Roll
Baked Potato Chips
Pretzels
Crackers

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Desserts

Cookies and Cakes

Oatmeal Raisin Cookie
Chocolate Chip Cookie
Sugar Cookie
Vanilla Wafers
Graham Crackers
Chocolate Brownie
Angel Food Cake
Apple Crisp

Frozen

Chocolate Ice Cream
Vanilla Ice Cream
Orange Fruit Ice
Cherry Fruit Ice
Lemon Fruit Ice

Pudding and Gelatin

Vanilla Pudding
Chocolate Pudding
Assorted Gelatin Flavors

Fruit

Apple	Diced Pears
Banana	Diced Peaches
Orange	Pineapple Tidbits
Fresh Fruit Cup	Applesauce



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Beverages

Juice

Apple
Cranberry
Orange
Grape
Prune

Milk

1%
Fat Free
Whole
Chocolate
Lactose Free
Soy

Hot

Coffee
Decaf Coffee
Tea
Decaf Tea
Hot Chocolate

Cold

Iced Tea
Lemonade *(Reg or SF)*
Gingerale *(Reg or Diet)*
Lemon Lime Soda *(Reg or Diet)*
Cola Soda *(Reg or Diet)*



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