**Our Promise to You**
Welcome to the menu viewing system for MedStar Health. You are currently looking at the Soft and Bite Sized (SB6) Menu for MedStar Southern Maryland Hospital Center.

You doctor has prescribed this diet for your health. 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 soft and bite sized 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**

<table>
<thead>
<tr>
<th>Abbreviation</th>
<th>Description</th>
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<tbody>
<tr>
<td>LS</td>
<td>Low Sodium</td>
</tr>
<tr>
<td>NSA</td>
<td>No Sugar Added</td>
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<tr>
<td>LF</td>
<td>Low Fat</td>
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<tr>
<td>SF</td>
<td>Sugar Free</td>
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<table>
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<tr>
<th>Breakfast</th>
<th>Lunch/Dinner Entrees</th>
<th>Sides</th>
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<th>Beverages</th>
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### Breakfast

#### Entrees
- Scrambled Eggs
- Puree Waffle
- Puree Pancake
- Puree French Toast

#### Sides
- Hash Brown Potatoes
- Turkey Sausage
- Blueberry Muffin

#### Cereal
- Cream of Wheat
- Pureed Oatmeal

#### Greek Yogurt
- Vanilla
- Blueberry
- Strawberry

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Lunch/Dinner

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

From the Grill
All Beef Hamburger
Turkey Burger
Veggie Burger
Sides

Vegetables
Baby Carrots
Broccoli
Cauliflower
Green Beans
Yellow Squash

Starches
Roasted Potato Wedges
Mashed Potatoes
Mashed Sweet Potatoes
Macaroni and Cheese
White Rice

Soups
Tomato
Pureed Chicken Noodle
Pureed Garden Vegetable
Pureed Cream of Potato
Beef Broth
Chicken Broth
Vegetable Broth
# Desserts

### Frozen
- Chocolate Ice Cream
- Vanilla Ice Cream
- Orange Fruit Ice
- Cherry Fruit Ice
- Lemon Fruit Ice

### Pudding
- Vanilla Pudding
- Chocolate Pudding

### Fruit
- Diced Pears
- Diced Peaches
- Applesauce
- Banana

### Specialty
- Sugar Cookie
- Pureed Apple Cobbler
- Pureed Chocolate Mint Patty
- Pureed Lemon Cheesecake
- Pureed Strawberry Cheesecake

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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)*