

Soft and Bite Sized 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 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

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



[Breakfast](#)

[Lunch/Dinner Entrees](#)

[Sides](#)

[Dessert](#)

[Beverages](#)

Soft and Bite Sized Diet

MedStar Southern Maryland Hospital Center

Kitchen x4558

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

Soft and Bite Sized Diet

MedStar Southern Maryland Hospital Center

Kitchen x4558

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



[Breakfast](#)

[Lunch/Dinner Entrees](#)

[Sides](#)

[Dessert](#)

[Beverages](#)

Soft and Bite Sized Diet

MedStar Southern Maryland Hospital Center

Kitchen x4558

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

Soft and Bite Sized Diet

MedStar Southern Maryland Hospital Center

Kitchen x4558

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

Soft and Bite Sized Diet

MedStar Southern Maryland Hospital Center

Kitchen x4558

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)*



[Breakfast](#)

[Lunch/Dinner Entrees](#)

[Sides](#)

[Dessert](#)

[Beverages](#)