

# Vegetarian 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 Vegetarian 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 vegetarian 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

Low Sodium	LS	No Sugar Added	NSA
Low Fat	LF	Sugar Free	SF
Lacto	L	Ovo	O
Pescatarian	P	Vegan	VG



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## Breakfast

### Hot & Cold Cereals

Cream of Wheat® VG      Corn Flakes® VG  
Oatmeal VG                  Raisin Bran® VG  
Cheerios® VG              Rice Krispies® VG  
Rice Chex® VG

### Entrees

Scrambled Tofu VG  
Cage-Free Eggs: (*Scrambled · Cholesterol-Free · Hard Cooked*) O  
French Toast OL  
Pancakes OL

### Sides

Home Fried Potatoes VG  
English Muffin (*White · Wheat*) VG  
Bagel (*White · Wheat*) VG  
Whole Grain Blueberry Muffin OL  
Greek Yogurt (*Blueberry · Strawberry · Vanilla*) L  
LF Cottage Cheese L

### Whole Fruit

Banana VG                  Seasonal Apple VG  
Orange VG                  Pear VG

### Chilled Fruit

Fresh Fruit Salad VG      Diced Pears VG  
Red Grapes VG              Pineapple Tidbits VG  
Applesauce VG              Mandarin Orange VG  
Diced Peaches VG



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## Lunch & Dinner

### Hot Entrees & Grill

Salmon Cake **PO**

Veggie Burger **VG**

Grilled Cheese **L**

Penne Pasta with Marinara Sauce **VG**

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### Deli Sandwiches

Egg Salad **O**

Tuna Salad **PO**

Cheese Sandwich **L**

Hummus Sandwich **VG**

### Entrée Salads

Strawberry Fields Salad **L**

Cottage Cheese Fruit Plate **L**

Pita & Vegetables w/ Hummus **L**

Fresh Fruit Plate **VG**



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## Soups, Side Salads & Sides

### Soups

Tomato Basil L      Vegetable Broth VG  
Vegetable VG      Cream of Potato O

### Side Salads

Garden Side Salad VG  
Carrot & Celery Sticks VG

### Salad Dressings

Ranch L      Italian VG  
Fat Free Ranch L      Diet Italian O  
French O      Diet French O

### Vegetables

Green Beans VG  
Baby Carrots VG  
Broccoli VG  
Yellow Squash VG  
Cauliflower VG

### Starches

Mashed Potatoes L  
Mashed Sweet Potatoes VG  
Potato Wedges VG  
French Fries VG  
Penne Pasta VG  
Macaroni & Cheese L  
Steamed Rice (*White · Brown*) VG  
Dinner Roll (*White · Wheat*) VG  
Potato Chips VG  
Pretzels VG



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## Desserts

### Cookies and Bakery

Chocolate Chip **OL**      Vanilla Wafers **O**  
Sugar Cookie **OL**      Chocolate Brownie **OL**  
Lorna Doones® **VG**      Angel Food Cake **OL**  
Graham Crackers      Apple Crisp **L**

### Frozen

Ice Cream **L** (*Vanilla · Chocolate · Strawberry*)

### Pudding

Vanilla **L** (*Reg · NSA*)  
Chocolate **L** (*Reg · NSA*)

### Whole Fruit

Banana **VG**      Seasonal Apple **VG**  
Orange **VG**      Pear **VG**

### Chilled Fruit

Fresh Fruit Salad **VG**      Diced Pears **VG**  
Red Grapes **VG**      Pineapple Tidbits **VG**  
Applesauce **VG**      Mandarin Orange **VG**  
Diced Peaches **VG**

  
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## Beverages

### Juice

- Apple VG
- Cranberry VG
- Orange VG
- Grape VG
- Prune VG

### Milk

- 1% L
- Fat Free L
- Whole L
- Low Fat Chocolate L
- Lactose Free L
- Soy VG

### Hot

- Coffee (*Regular · Decaf*) VG
- Tea (*Regular · Decaf*) VG
- Hot Chocolate (*Reg · SF*) VG

### Cold

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



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## Chef Specials

We are pleased to provide you with a variety of Chef Specials throughout the week. Please note, these items are only available on the specified meal and day listed. Please click one of the meal links below or scroll down to see the Specials.

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[Dinner](#)



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## Lunch VG

### Monday

Quinoa Primavera

### Tuesday

Red Pepper Hummus Wrap

### Wednesday

Spinach, Beans and Pasta

### Thursday

Grilled Hummus Baguette

### Friday

Spaghetti Marinara

### Saturday

Spinach Fettuccini with Tomato Basil  
Sauce

### Sunday

Zesty Italian Sandwich



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## Dinner Specials VG

### Monday

Whole Wheat Pasta with Fra Diavolo Sauce

### Tuesday

Vegan Tortellini

### Wednesday

Ginger Tofu and Vegetable Stir Fry

### Thursday

Quinoa Primavera

### Friday

Tofu Fried Rice

### Saturday

Spaghetti Marinara

### Sunday

Grilled Hummus Baguette



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