Welcome to the menu viewing system for MedStar Health. You are currently looking at the Easy to Chew (EC7) Menu for MedStar Union Memorial Hospital. 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
When you are ready for your meal, please call x2887 to place your order. Keep in mind, it takes approximately 45 minutes to prepare and deliver.

Using This Menu
This menu was designed to show you the items available on the easy to chew 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
# Easy to Chew Diet
MedStar Union Memorial Hospital
Room Service x2887

## Breakfast

### Entrees
- Scrambled Eggs
- French Toast
- Buttermilk Pancakes

## Create Your Own Omelet

<table>
<thead>
<tr>
<th>American Cheese</th>
<th>Green Pepper</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheddar Cheese</td>
<td>Onion</td>
</tr>
<tr>
<td>Mozzarella Cheese</td>
<td>Tomato</td>
</tr>
<tr>
<td>Mushrooms</td>
<td>Spinach</td>
</tr>
</tbody>
</table>

## Sides
- Hash Brown Potatoes
- Turkey Sausage

## Cereal
- Cream of Wheat
- Oatmeal

## Greek Yogurt
- Vanilla
- Blueberry
- Strawberry

## Bread
- Blueberry Muffin

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**Breakfast** | **Lunch/Dinner Entrees** | **Sides**
---|---|---
**Dessert** | **Beverages** |
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
- Veggie Burger

Create Your Own Deli
- Roast Turkey
- Ham
- Egg Salad
- Tuna Salad
- Chicken Salad
Easy to Chew Diet
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**Sides**

**Vegetables**
- Baby Carrots
- Broccoli
- Cauliflower
- Green Beans
- Yellow Squash

**Starches**
- Roasted Potato Wedges
- Mashed Potatoes
- Mashed Sweet Potatoes
- Macaroni and Cheese
- White Rice
- Dinner Roll

**Soups**
- Tomato
- Chicken Noodle
- Garden Vegetable
- Cream of Potato
- Beef Broth
- Chicken Broth
- Vegetable Broth

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Breakfast  Lunch/Dinner Entrees  Sides
Dessert  Beverages
Desserts

Cookies and Cakes
Chocolate Chip Cookie  
Sugar Cookie  
Chocolate Brownie  
Angel Food Cake  
Apple Crisp

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

Breakfast  
Lunch/Dinner Entrees  
Sides  
Dessert  
Beverages
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)