Minced and Moist Diet
MedStar Union Memorial Hospital
Room Service x2887

Our Promise to You
Welcome to the menu viewing system for MedStar Health. You are currently looking at the Minced and Moist (MM5) 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 minced and moist 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

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch/Dinner Entrees</th>
<th>Sides</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dessert</td>
<td>Beverages</td>
<td></td>
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</tbody>
</table>
## Breakfast

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

### Sides
- Hash Brown Potatoes
- Turkey Sausage

### Cereal
- Cream of Wheat
- Pureed Oatmeal

### Greek Yogurt
- Vanilla
- Blueberry
- Strawberry
<table>
<thead>
<tr>
<th>Lunch/Dinner Entrees</th>
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</thead>
<tbody>
<tr>
<td>Pasta with Meat Sauce</td>
</tr>
<tr>
<td>Herb Baked Chicken Breast</td>
</tr>
<tr>
<td>Macaroni and Cheese</td>
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<tr>
<td>Roasted Turkey Breast</td>
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<tr>
<td>Salmon Cake</td>
</tr>
<tr>
<td>Meatloaf</td>
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<tr>
<td>Braised Beef Pot Roast</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>From the Grill</th>
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<tbody>
<tr>
<td>All Beef Hamburger</td>
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<tr>
<td>Turkey Burger</td>
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<tr>
<td>Veggie Burger</td>
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</tbody>
</table>

### Breakfast
- Minced and Moist Diet
- 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

## 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
Pureed Apple Cobbler
Pureed Chocolate Mint Patty
Pureed Lemon Cheesecake
Pureed Strawberry Cheesecake
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)*