

# Cardiac Diet

MedStar Washington Hospital Center

## Our Promise to You

Welcome to the menu viewing system for MedStar Health. You are currently looking at the Cardiac Diet Menu for MedStar Washington Hospital Center.

You Doctor or Dietitian has prescribed this diet for your health. Our cardiac diet has many great options that are lower in salt and fat to keep your heart healthy. Registered Dietitians worked in partnership with our culinary team to create chef-inspired meals to deliver nutrition that heals.

## How to Place Your Order

We encourage you to try one of our [featured chef entrees](#). 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 cardiac diet. You can scroll 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. Please note the Featured Chef Entrée link below.

[Featured Chef Entrée](#)

### Abbreviation Key

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



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## Breakfast

### Hot & Cold Cereals

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

### Entrees

Cholesterol Free Scrambled Eggs  
French Toast  
Pancakes

### Sides

MorningStar Veggie Sausage®  
Home Fried Potatoes  
English Muffin (White · Wheat)  
Bagel (White · Wheat)  
Whole Grain Blueberry Muffin  
Greek Yogurt (Blueberry · Strawberry ·  
Vanilla)

### Whole Fruit

Banana	Seasonal Apple
Orange	Pear

### Chilled Fruit

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



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## Lunch & Dinner

### Hot Entrees & Grill

Herb Baked Chicken Breast

Salisbury Steak

Citrus Herb Tilapia

Baked Chicken Tenders

Burgers: (Natural Beef · Cheeseburger ·  
Turkey · Veggie)

Chicken Breast Sandwich

Grilled Cheese

### Deli Sandwiches

Turkey

Roast Beef

Chicken Salad

Tuna Salad

Egg Salad

### Entrée Salads

Cottage Cheese Fruit Plate

Pita & Vegetables w/ Hummus

Chicken Caesar Salad



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## Soups, Side Salads & Sides

### Soups

Chicken Noodle	Beef Broth
Tomato Basil	Chicken Broth
Vegetable	Vegetable Broth

### Side Salads

Garden Side Salad  
Carrot & Celery Sticks

### Salad Dressings

Italian	Ranch
Fat Free Italian	Fat Free Ranch
Caesar	French
Balsamic Vinaigrette	Fat Free French

### Vegetables

Green Beans  
Baby Carrots

### Starches

Mashed Potatoes  
Penne Pasta  
Macaroni & Cheese  
Steamed Rice (White · Brown)  
Dinner Roll (White · Wheat)  
Potato Chips  
Pretzels



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## Desserts

### Cookies and Bakery

Chocolate Chip	Vanilla Wafers
Sugar Cookie	Chocolate Brownie
Lorna Doones®	Angel Food Cake
Graham Crackers	Pound Cake

### Frozen

Ice Cream (Vanilla · Chocolate · Strawberry)  
Fruit Ice (Lemon · Cherry · Orange)

### Pudding

Vanilla (Reg · NSA)  
Chocolate (Reg · NSA)

### Gelatin

Cherry (Reg · SF)  
Strawberry (Reg · SF)  
Orange (Reg · SF)

### Whole Fruit

Banana	Seasonal Apple
Orange	Pear

### Chilled Fruit

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

  
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## Beverages

### Juice

Apple  
Cranberry  
Orange  
Grape  
Prune

### Milk

1%  
Fat Free  
Whole  
Low Fat  
Chocolate  
Lactose Free  
Soy

### Hot

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

### Cold

Decaf Iced Tea  
Lemonade  
Ginger Ale (*Reg · Diet*)



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## Featured Chef Entrée

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 day links below or scroll down to see the Specials.

[Monday](#)

[Tuesday](#)

[Wednesday](#)

[Thursday](#)

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## Monday Specials

### Breakfast

**Low Cholesterol Scrambled Eggs, Oatmeal,  
Home Fried Potatoes, & MorningStar®  
Veggie Sausage**

*Served with a Toasted Whole Wheat English  
Muffin, & Applesauce*

### Lunch

#### Roasted Turkey Breast

*Carved Boneless Turkey Breast, Mashed  
Potatoes, Poultry Gravy, and Green Beans.  
Served with Diced Pears.*

#### Citrus Herb Tilapia

*Tilapia Marinated in a Blend of Orange,  
Lemon Juice, and Herbs. Served with White  
Rice, Fresh Broccoli, and Chicken Noodle  
Soup.*

### Dinner

#### Salisbury Steak

*Braised Chopped Beef Steak Topped with  
Brown Gravy. Served with Penne Pasta,  
Broccoli Florets and Pineapple Tidbits.*

#### Turkey Burger

*Grilled Turkey Burger on a Whole Wheat  
Bun Served with Your Choice of Condiments  
and Mandarin Oranges.*



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## Tuesday Specials

### Breakfast

**Buttermilk Pancakes, Cream of Wheat®, & MorningStar® Veggie Sausage**

*Served with a Banana*

### Lunch

#### **Full O' Beans Chili**

*Traditional Chili Spices and Tomatoes with Chickpeas, Black, Kidney, and Lima Beans.*

#### **Pork Carnitas**

*Slow Roasted Pork Shoulder with Latin Spice Blend, Roasted Bell Peppers, Spanish White Rice, and Corn. Served with a Tropical Fruit Cup.*

### Dinner

#### **Crustless Chicken Pot Pie**

*Chicken and Vegetables in a Light Gravy. Served with California Mixed Vegetables, and Diced Peaches.*

#### **Herb Backed Chicken Breast**

*Italian Herb Seasoned Chicken Breast. Served with Mashed Potatoes, Carrots and Diced Peaches.*



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## Wednesday Specials

### Breakfast

#### **Low Cholesterol Scrambled Eggs, Oatmeal, & Home Fried Potatoes**

*Served with a Toasted Whole Wheat English Muffin, & Diced Pears*

### Lunch

#### **Penne Pasta Served with a Classic Tomato Meat Sauce**

*Served with Green Beans, Garden Salad, & Mandarin Oranges*

### BBQ Chicken Breast

*Marinated Roasted BBQ Chicken Breast.  
Served with Tomato Basil Soup.*

### Dinner

#### **Portobello Stroganoff**

*A Light Creamy Sauce made with Portobello  
Mushrooms over Rotini Pasta.*

### Beef Pot Roast

*Carved Slow Roasted Beef Top Round,  
Mashed Potatoes, Gravy, and Baby Carrots.  
Served with Applesauce.*



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## Thursday Specials

### Breakfast

**French Toast, Low Cholesterol Scrambled Eggs and Cream of Wheat.**

*Served with a Banana*

### Lunch

#### **Vegetarian Tortilla Soup**

*Zucchini and Tomato Simmered in Vegetable Broth Seasoned with Ancho Chipotle Chili Finished with Lime, Cheddar Cheese, and Corn Tortilla. Served with a Quinoa, Hominy, & Strawberry Side Salad.*

#### **Savory Rotisserie Bone-in Chicken Leg and Thigh**

*Oven Roasted Chicken Quarter with Savory Rub. Served with Cauliflower, Mashed Sweet Potato, and Vanilla Pudding.*

### Dinner

#### **Balsamic Herb-Roasted Turkey**

*Carved Balsamic Marinated Turkey Breast, Traditional Bread Stuffing, Poultry Gravy, Green Beans and Pineapple Tidbits.*

#### **Pasta Baked with Beef & Tomatoes**

*Elbow Macaroni Baked with Ground Beef, Marinara, and Onions. Served with a Garden Salad.*



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## Friday Specials

### Breakfast

#### **Low Cholesterol Scrambled Eggs & Oatmeal**

*Served with a Whole Wheat English Muffin and Diced Pears*

### Lunch

#### **Salmon Cake with Remoulade Sauce**

*Crispy Baked Salmon Patty with Trinity Quinoa and Squash Noodles. Served with Diced Peaches.*

#### **Chicken Parmesan Fresca**

*Marinated Grilled Chicken Breast Topped with Marinara and Mozzarella Cheese.*

### Dinner

#### **BBQ Chicken**

*Slowed Cooked Chicken with BBQ Sauce. Served with Coleslaw, Cornbread, and Applesauce.*

#### **Herb Backed Chicken Breast**

*Italian Herb Seasoned Chicken Breast. Served with Mashed Potatoes, Carrots and Pineapple Tidbits.*



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## Saturday Specials

### Breakfast

#### **Mushroom and Roasted Tomato Frittata & Cream of Wheat®**

*Served with a Banana*

### Lunch

#### **Cauliflower Tofu Curry over Thai Fried Rice**

*Stir Fried Cauliflower Tossed in an Indian Curry Sauce served over Thai Fried Rice seasoned with Garlic and Lemon Grass.*

#### **Jerk Chicken Thigh**

*Caribbean Style Spicy, Tender, Juicy Chicken with Wild Rice Pilaf and Butternut Squash and Shallots. Served with a Tropical Fruit Cup.*

### Dinner

#### **Farmers Meatloaf**

*Traditional Meatloaf with Gravy, Mashed Potatoes, and Carrots. Served with Diced Pears.*

#### **Citrus Herb Tilapia**

*Tilapia Marinated in a Blend of Orange, Lemon Juice, and Herbs. Served with White Rice, Fresh Broccoli, and Chicken Noodle Soup.*



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## Sunday Specials

### Breakfast

**Buttermilk Pancakes, Oatmeal, & MorningStar® Veggie Sausage**

*Served with Diced Pears*

### Lunch

#### **Traditional Beef Stew**

*Braised Beef, Potatoes, & Carrots in a Savory Sauce. Served with Cornbread Muffin, Diced Peaches, and a Chocolate Brownie.*

#### **Herb Backed Chicken Breast**

*Italian Herb Seasoned Chicken Breast. Served with White Rice, Green Beans and Diced Peaches.*

### Dinner

#### **Hummus & Roasted Vegetable Wrap**

*Tortilla, Roasted Vegetables, Hummus, Romaine & Iceberg Lettuce, and Tomatoes. Served with Seedless Red Grapes & Mediterranean Vegetable Soup.*

#### **Lemon Sage Chicken Breast**

*Chicken Breast Marinated in Oil, Lemon Juice, Sage, and Garlic. Served with Seasoned Brown Rice, Oregano Green Beans, and Pineapple Tidbits.*



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