

Easy to Chew

MedStar Washington Hospital Center

Our Promise to You

Welcome to the menu viewing system for MedStar Health. You are currently looking at the Easy to Chew Diet Menu for MedStar Washington 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

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 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. 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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Easy to Chew

MedStar Washington Hospital Center

Breakfast

Entrees

Scrambled Eggs

Waffle

Pancake

French Toast

Sides

Hash Brown Potatoes

Blueberry Muffin

Cereal

Cream of Wheat

Oatmeal

Grits

Greek Yogurt

Vanilla

Blueberry

Strawberry



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MedStar Washington Hospital Center

Lunch/Dinner

Entrees

Herb Baked Chicken Breast
Citrus Herb Tilapia
Salisbury Steak

From the Grill

All Beef Hamburger
Turkey Burger
Veggie Burger

From the Deli

Roast Turkey
Ham
Egg Salad
Tuna Salad
Chicken Salad



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Easy to Chew

MedStar Washington Hospital Center

Sides

Vegetables

Baby Carrots
Green Beans

Starches

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

Soups

Tomato
Chicken Noodle
Garden Vegetable
Beef Broth
Chicken Broth
Vegetable Broth



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Desserts

Cookies and Cakes

Oatmeal Raisin Cookie
Chocolate Chip Cookie
Sugar Cookie
Chocolate Brownie
Angel Food Cake
Pound Cake

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



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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)*



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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.

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[Tuesday](#)

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Monday Specials

Breakfast

Scrambled Eggs, Oatmeal & Home Fried Potatoes

Served with a Applesauce (11)

Lunch

Roasted Herb Chicken Thigh

Juicy Chicken Thigh Herb Marinated and Roasted with Mashed Potatoes, Poultry Gravy and Green Beans. Served with Diced Pears

Dinner

Salisbury Steak

Braised Chopped Beef Steak Topped with Brown Gravy. Served with Broccoli and Chocolate Pudding.



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Easy to Chew

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Tuesday Specials

Breakfast

Pancakes, Cream of Wheat® & Scrambled Eggs

Served with a Banana

Lunch

Pork Carnitas

Slow Roasted Pork Shoulder with Latin Spice Blend, Spanish White Rice and Carrots. Served with Vanilla Pudding.

Dinner

Chicken Pot Pie

Chicken and Vegetables in a Light Gravy Topped with a Flaky Crust. Served with California Mixed Vegetables & Pound Cake.



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Wednesday Specials

Breakfast

**Scrambled Eggs w/ Veggies and Cheese,
Oatmeal, & Home Fried Potatoes**

Served with Diced Pears

Lunch

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

Served with Green Beans and Diced Peaches.

Dinner

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, Scrambled Eggs and Cream of Wheat[®].

Served with a Banana

Lunch

Herb Baked Chicken Breast

Chicken Breast Seasoned and Baked. Served with Cauliflower, Mashed Sweet Potato, and Vanilla Pudding.

Dinner

Crispy Baked Fish

White Fish Coated in Bread Crumbs and Baked Until Crispy Served with Mashed Potatoes, Poultry Gravy, Green Beans, Angel Food Cake and Diced Pears.



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Friday Specials

Breakfast

Scrambled Eggs & Oatmeal

Served with Diced Pears

Lunch

Salmon Cake with Remoulade Sauce

Crispy Baked Salmon Patty with Steamed White Rice and Squash Noodles. Served with Chocolate Pudding.

Dinner

BBQ Chicken

Slow Cooked Chicken Marinated with BBQ Sauce. Served with Mashed Potatoes, Carrots and Applesauce.



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Saturday Specials

Breakfast

**Scrambled Eggs, Cream of Wheat® & Home
Fried Potatoes**

Served with a Banana

Lunch

Herb Baked Chicken Breast

*Chicken Breast Seasoned and Baked. Served
with White Rice, Butternut Squash and
Shallots & Pears.*

Dinner

Farmers Meatloaf

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



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Sunday Specials

Breakfast

Pancakes, Oatmeal & Scrambled Eggs

Served with Diced Pears

Lunch

Traditional Beef Stew

Braised Beef, Potatoes, & Carrots in a Savory Sauce. Served with a Chocolate Brownie.

Dinner

Lemon Sage Chicken Breast

Chicken Breast Marinated in Oil, Lemon Juice, Sage and Garlic. Served with Seasoned Brown Rice, Green Beans and Vanilla Pudding.



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