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

Breakfast Featured Chef Entree Soup/Sides
Grill/Deli Dessert Beverages
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
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
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
**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
Easy to Chew
MedStar Washington Hospital Center

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)*
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

Friday

Saturday

Sunday

Breakfast  Featured Chef Entree  Soup/Sides
Grill/Deli  Dessert  Beverages
**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.*
Tuesday Specials

Breakfast
Pancakes, Cream of Wheat® & Scrambled Eggs
Served with a Banana

Lunch
Pork Carnitas

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