Our Promise to You
Welcome to the menu viewing system for MedStar Health. You are currently looking at the Minced and Moist 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 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. 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
Minced and Moist Diet

MedStar Washington Hospital Center

Breakfast

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

**Sides**
- Hash Brown Potatoes

**Cereal**
- Cream of Wheat
- Pureed Oatmeal

**Greek Yogurt**
- Vanilla
- Blueberry
- Strawberry

---

**Breakfast**
**Featured Chef Entree**
**Soup/Sides**
**Grill/Deli**
**Dessert**
**Beverages**
Minced and Moist Diet
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
Chicken Salad
Tuna Salad
Egg Salad
Minced and Moist Diet
MedStar Washington Hospital Center

Sides

Vegetables
Baby Carrots
Green Beans

Starches
Mashed Potatoes
Mashed Sweet Potatoes
Macaroni and Cheese
White Rice

Soups
Tomato
Pureed Chicken Noodle
Pureed Garden Vegetable
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
Minced and Moist Diet

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)*
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.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>Soup/Sides</td>
<td>Dessert</td>
<td>Beverages</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grill/Deli</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Featured Chef Entree</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Monday Specials

Breakfast
Scrambled Eggs, Pureed Oatmeal & Home Fried Potatoes
Served with a Applesauce (1)

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 Carrots, Pears and Chocolate Pudding.
Tuesday Specials

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

Lunch
Pork Carnitas

Dinner
Crustless Chicken Pot Pie
Wednesday Specials

**Breakfast**
Scrambled Eggs w/ Veggies and Cheese, Puree 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
Puree 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 and Diced Peaches.
Friday Specials

Breakfast
Scrambled Eggs & Pureed Oatmeal
Served with Diced Pears

Lunch
Citrus Herb Tilapia

Dinner
BBQ Chicken
Slow Cooked Chicken Marinated with BBQ Sauce. Served with Mashed Potatoes, Carrots and Chocolate Pudding.
Saturday Specials

**Breakfast**

**Pureed French Toast, & Cream of Wheat® & Home Fried Potatoes**

*Served with a Banana*

**Lunch**

**Herb Baked Chicken Breast**

*Chicken Breast Seasoned and Baked. Served with Jasmine Rice, Green Beans and Pears.*

**Dinner**

**Farmers Meatloaf**

*Traditional Meatloaf with Gravy, Mashed Potatoes and Carrots. Served with Chocolate Pudding.*
Sunday Specials

Breakfast
Pureed Pancakes, Pureed Oatmeal & Scrambled Eggs
Served with Diced Pears

Lunch
Traditional Beef Stew
Braised Beef, Potatoes, & Carrots in a Savory Sauce. Served with Peaches.

Dinner
Lemon Sage Chicken Breast