

Regular Diet

MedStar Washington Hospital Center

Our Promise to You

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

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 regular 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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Regular Diet

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Breakfast

Hot & Cold Cereals

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

Entrees

Cage-Free Eggs: (*Scrambled · Cholesterol-Free · Hard Cooked*)
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*)
Cottage Cheese

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.

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[Tuesday](#)

[Wednesday](#)

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Monday Specials

Breakfast

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

Bowtie Pasta, Spinach and Feta, & Broccoli Florets

Served with a Garden Side Salad, & an Oatmeal Raisin Cookie.

Salisbury Steak

Braised Chopped Beef Steak Topped with Brown Gravy. Served with Portobello Mushroom and Barley Soup.



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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.

Served with Corn Bread.

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

Crispy Tofu and Vegetable Stir-Fry

Crispy Marinated Tofu with Vegetables, Stir Fried in Teriyaki Hoisin Sauce.

Chicken Pot Pie

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



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Wednesday Specials

Breakfast

Scrambled Eggs with Vegetables & Cheese, 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, & a
Chocolate Chip Cookie.*

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, Raisin Bran®, & MorningStar® Veggie Sausage

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, and Green Beans.

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

Egg, Potato and Cheese Breakfast Bowl, & Oatmeal

Served with Diced Pears

Lunch

Salmon Cake with Remoulade Sauce

Crispy Baked Salmon Patty with Trinity Quinoa and Squash Noodles. Served with an Oatmeal Raisin Cookie.

Chicken Parmesan Fresca

Marinated Grilled Chicken Breast Topped with Marinara and Mozzarella Cheese.

Dinner

Black Bean Quesadilla

Hearty Grain Tortilla with Cheddar Cheese, Black Beans, Spicy Roasted Vegetables, and Salsa.

BBQ Chicken

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



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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 a Chocolate Chip Cookie.

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.

Cheese Stuffed Shells

Marinara Topped Pasta Shells Stuffed with Ricotta. Served with a Garden Salad.

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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