

Soft and Bite Sized

MedStar Washington Hospital Center

Our Promise to You

Welcome to the menu viewing system for MedStar Health. You are currently looking at the Soft and Bite Sized 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 soft and bite sized 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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Soft and Bite Sized

MedStar Washington Hospital Center

Breakfast

Entrees

Scrambled Eggs
Puree Waffle
Puree Pancake
Puree French Toast

Sides

Hash Brown Potatoes

Cereal

Cream of Wheat
Oatmeal

Greek Yogurt

Vanilla
Blueberry
Strawberry



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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



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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



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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



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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](#)

[Wednesday](#)

[Thursday](#)

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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 Carrots, Pears and Chocolate Pudding.



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Tuesday Specials

Breakfast

**Puree Pancakes, Cream of Wheat[®] &
Scrambled Eggs**

Served with a Banana

Lunch

Pork Carnitas

*Slow Roasted Pork Shoulder with Latin
Spice Blend, Egg Noodles and Carrots.*

Served with Vanilla Pudding.

Dinner

Crustless Chicken Pot Pie

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



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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

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.



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Friday Specials

Breakfast

Scrambled Eggs & Oatmeal

Served with Diced Pears

Lunch

Citrus Herb Tilapia

Tilapia Marinated in a Blend of Orange, Lemon Juice and Herbs. Served with Mashed Potatoes, Carrots and Chocolate Pudding.

Dinner

BBQ Chicken

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



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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.*



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Sunday Specials

Breakfast

Pureed Pancakes, 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

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



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