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
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

Breakfast  Featured Chef Entree  Soup/Sides  Grill/Deli  Dessert  Beverages
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
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
<table>
<thead>
<tr>
<th>Beverages</th>
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<tbody>
<tr>
<td><strong>Juice</strong></td>
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<tr>
<td>Apple</td>
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<tr>
<td>Cranberry</td>
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<td>Orange</td>
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<td>Grape</td>
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<tr>
<td>Prune</td>
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<td>1%</td>
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<td>Fat Free</td>
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<td>Lactose Free</td>
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<tr>
<td>Soy</td>
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<tr>
<td><strong>Hot</strong></td>
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<tr>
<td>Coffee</td>
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<tr>
<td>Decaf Coffee</td>
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<tr>
<td>Tea</td>
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<tr>
<td>Decaf Tea</td>
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<tr>
<td>Hot Chocolate</td>
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<tr>
<td><strong>Cold</strong></td>
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<tr>
<td>Iced Tea</td>
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<tr>
<td>Lemonade</td>
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<tr>
<td>Gingerale</td>
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<tr>
<td>Lemon Lime Soda</td>
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<tr>
<td>Cola Soda</td>
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</tbody>
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<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Featured Chef Entree</th>
<th>Soup/Sides</th>
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<tbody>
<tr>
<td>Grill/Deli</td>
<td>Dessert</td>
<td>Beverages</td>
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</table>
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
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.
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.
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
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 & 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.*

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Breakfast  
Grill/Deli  
Dessert  
Soup/Sides  
Beverages
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, 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