

Vegetarian Diet

MedStar Washington Hospital Center

Our Promise to You

Welcome to the menu viewing system for MedStar Health. You are currently looking at the Vegetarian 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 vegetarian 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
Lacto	L	Ovo	O
Pescatarian	P	Vegan	VG



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Vegetarian Diet

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Breakfast

Hot & Cold Cereals

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

Entrees

Cage-Free Eggs: (Scrambled · Cholesterol-Free · Hard Cooked) O
French Toast OL
Pancakes OL

Sides

Home Fried Potatoes VG
English Muffin (White · Wheat) VG
Bagel (White · Wheat) VG
Whole Grain Blueberry Muffin OL
Greek Yogurt (Blueberry · Strawberry · Vanilla) L
LF Cottage Cheese L

Whole Fruit

Seasonal Apple VG
Pear VG

Chilled Fruit

Fresh Fruit Salad VG Diced Pears VG
Red Grapes VG Pineapple Tidbits VG
Applesauce VG Mandarin Orange VG
Diced Peaches VG



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Lunch & Dinner

Hot Entrees & Grill

Citrus Herb Tilapia **P**

Veggie Burger **VG**

Grilled Cheese **L**

Deli Sandwiches

Egg Salad **O**

Cheese Sandwich **L**

Hummus Sandwich **VG**

Entrée Salads

Cottage Cheese Fruit Plate **L**

Pita & Vegetables w/ Hummus **L**



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Soups, Side Salads & Sides

Soups

Tomato Basil **L** Vegetable Broth **VG**
Vegetable **VG**

Side Salads

Garden Side Salad **VG**
Carrot & Celery Sticks **VG**

Salad Dressings

Ranch **L** Italian **VG**
Fat Free Ranch **L** Diet Italian **O**
French **O**
Diet French **O**

Vegetables

Green Beans **VG**
Baby Carrots **VG**
Broccoli **VG**

Starches

Mashed Potatoes **L**
Penne Pasta **VG**
Macaroni & Cheese **L**
Steamed Rice (White · Brown) **VG**
Dinner Roll (White · Wheat) **VG**
Potato Chips **VG**
Pretzels **VG**



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Desserts

Cookies and Bakery

Chocolate Chip **OL** Vanilla Wafers **O**
Sugar Cookie **OL** Chocolate Brownie **OL**
Lorna Doones® **VG** Angel Food Cake **OL**
Graham Crackers Pound Cake **OL**

Frozen

Ice Cream **L** (Vanilla · Chocolate ·
Strawberry)

Pudding

Vanilla **L** (Reg · NSA)
Chocolate **L** (Reg · NSA)

Whole Fruit

Banana **VG** Seasonal Apple **VG**
Orange **VG** Pear **VG**

Chilled Fruit

Fresh Fruit Salad **VG** Diced Pears **VG**
Red Grapes **VG** Pineapple Tidbits **VG**
Applesauce **VG** Mandarin Orange **VG**
Diced Peaches **VG**



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Beverages

Juice

- Apple VG
- Cranberry VG
- Orange VG
- Grape VG
- Prune VG

Milk

- 1% L
- Fat Free L
- Whole L
- Low Fat Chocolate L
- Lactose Free L
- Soy VG

Hot

- Coffee (Regular · Decaf) VG
- Tea (Regular · Decaf) VG
- Hot Chocolate (Reg · SF) VG

Cold

- Decaf Iced Tea VG
- Lemonade
- Ginger Ale (Reg · Diet) VG



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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 VG

Breakfast

Scrambled Tofu & Oatmeal

Served with an English Muffin & Applesauce

Lunch

Malibu Veggie Burger

Served with Steamed White Rice, Green Beans & Diced Pears

Dinner

Hummus Burrito

Served with a Garden Side Salad, Broccoli Florets and Lorna Doones®



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Tuesday Specials VG

Breakfast

Scrambled Tofu & Cream of Wheat

Served with an English Muffin & a Banana

Lunch

BBQ Tofu

Served with Fresh Broccoli Florets, Spanish White Rice, Corn & Tropical Fruit Cup

Dinner

Quinoa Primavera

Served with a Garden Side Salad, Cali Mixed Vegetables & Diced Peaches



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Wednesday Specials VG

Breakfast

Scrambled Tofu & Oatmeal

Served with an English Muffin & Pears

Lunch

Penne Pasta with Tomato Sauce

Served with Green Beans, Garden Salad & Mandarin Oranges

Dinner

Zucchini Steak

Served with Steamed White Rice, Carrots & Applesauce



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Thursday Specials VG

Breakfast

Scrambled Tofu & Rice Chex

Served with a Banana

Lunch

Quinoa Primavera

*Served with a Garden Side Salad,
Cauliflower & Diced Pears*

Dinner

Falafel Fritters

*Served with Garden Salad, Brown Rice,
Green Beans & Pineapple Tidbits*



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Friday Specials VG

Breakfast

Scrambled Tofu & Oatmeal

Served with an English Muffin & Pears

Lunch

Hummus Burrito

Served with Trinity Quinoa, Zucchini Noodles and Diced Peaches.

Dinner

Malibu Burger Patty

Served with Steamed White Rice, Carrots & Applesauce



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Saturday Specials VG

Breakfast

Scrambled Tofu & Cream of Wheat

Served with a Banana

Lunch

Cauliflower Tofu Curry

Served with Steamed White Rice, Butternut Squash and Shallots & a Tropical Fruit Cup

Dinner

BBQ Tofu

Served with Penne Pasta, Carrots & Lorna Doones®



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Sunday Specials VG

Breakfast

Scrambled Tofu & Oatmeal

Served with an English Muffin & Pears

Lunch

Penne Pasta with Tomato Sauce

Served with Carrots & Diced Peaches

Dinner

Cauliflower Steak

*Served with a Garden Side Salad, Steamed
Brown Rice, Green Beans Oregano &
Pineapple Tidbits*



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