

Cardiac Diet

Kitchen x72650

MedStar Franklin Square Medical Center

Our Promise to You

Welcome to the menu viewing system for MedStar Health. You are currently looking at the Cardiac Diet Menu for MedStar Franklin Square Medical Center.

You Doctor or Dietitian has prescribed this diet for your health. Our cardiac diet has many great options that are lower in salt and fat to keep your heart healthy. 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 cardiac 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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Breakfast

Hot & Cold Cereals

Cream of Wheat®

Oatmeal

Grits

Cheerios®

Corn Flakes®

Raisin Bran®

Rice Krispies®

Rice Chex®

Entrees

Cholesterol Free Scrambled Eggs

French Toast

Pancakes

Sides

Turkey Sausage

Home Fried Potatoes

English Muffin (*White · Wheat*)

Bagel (*White · Wheat*)

Whole Grain Blueberry Muffin

Greek Yogurt (*Blueberry · Strawberry ·
Vanilla*)

Whole Fruit

Banana

Orange

Seasonal Apple

Pear

Chilled Fruit

Fresh Fruit Salad

Red Grapes

Applesauce

Diced Peaches

Diced Pears

Pineapple Tidbits

Mandarin Oranges



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Grill/Deli

For the daily featured chef entree specials,
please click [HERE](#)

Hot Entrees & Grill

Herb Baked Chicken Breast

Salisbury Steak

Citrus Herb Tilapia

Burgers: (All-Beef Burger · Turkey · Veggie)

Chicken Breast Sandwich

Deli Sandwiches

Turkey

Roast Beef

Chicken Salad

Tuna Salad

Egg Salad

Entrée Salads

Cottage Cheese Fruit Plate

Chicken Caesar Salad

Chef 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

Fat Free Ranch

Diet French

Diet Italian

Vegetables

Green Beans

Baby Carrots

Starches

Mashed Potatoes

Penne Pasta

Macaroni & Cheese

Steamed Rice (White · Brown)

Dinner Roll (White · Wheat)

Potato Chips



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Desserts

Cookies and Bakery

Chocolate Chip	Vanilla Wafers
Sugar Cookie	Angel Food Cake
Graham Crackers	Pound Cake

Frozen

Ice Cream (Vanilla · Chocolate · Strawberry)
Fruit Ice (Lemon · Cherry)

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
Low Fat
Chocolate
Lactose Free
Soy

Hot

Coffee (*Regular · Decaf*)
Tea (*Regular · Decaf*)
Hot Chocolate (*Reg · SF*)

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

Low Cholesterol Scrambled Eggs, Oatmeal, Bacon, & Home Fried Potatoes

*Served with a Whole Wheat English Muffin &
Applesauce*

Lunch

Roasted Turkey Breast

*Carved Boneless Turkey Breast, Mashed
Potatoes, Poultry Gravy & Green Beans
Served with Diced Pears*

Chicken Salad Sandwich on Wheat

*Lettuce, Tomato, Onion, and Assorted
Condiments Available Upon Request.*

Dinner

Chicken Alfredo

*Rotini Pasta Tossed with Chicken and a Rich
Alfredo Sauce. Served with a Garden Side
Salad, Garlic Bread & a Sugar Cookie*

Roasted Tilapia

*Tilapia Lightly Seasoned and Roasted. Served
with Corn Succotash.*



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Tuesday Specials

Breakfast

Buttermilk Pancakes, Cream of Wheat® & Turkey Sausage Links

Served with a Banana

Lunch

BBQ Chicken

Grilled BBQ Chicken Breast, White Rice & Steamed Broccoli. Served with Applesauce

Turkey Burger on Whole Wheat Bun

Lettuce, Tomato, Onion, and Assorted Condiments Available Upon Request.

Dinner

Crustless Chicken Pot Pie

Chicken and Vegetables in a Light Gravy. Served with a Garden Side Salad & Diced Peaches

Salisbury Steak

Braised Chopped Beef Steak topped with Brown Gravy. Served with Mashed Potatoes & Roasted Zucchini



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Wednesday Specials

Breakfast

Low Cholesterol Scrambled Eggs, Oatmeal & Home Fried Potatoes

*Served with a Whole Wheat English Muffin &
Diced Pears*

Lunch

Penne Pasta with a Classic Tomato Meat Sauce

*Served with Green Beans, Garden Salad &
Mandarin Oranges*

Turkey Sandwich

*Lettuce, Tomato, Onion, and Assorted
Condiments available Upon Request.*

Dinner

Beef Pot Roast

*Slow Roasted Beef Top Round, Herb Roasted
Potatoes, Gravy & Baby Carrots served with
Applesauce*

Herb Roasted Chicken Breast

*Served with Roasted Potatoes, Baby Carrots,
& Applesauce.*



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Thursday Specials

Breakfast

French Toast, Low Cholesterol Scrambled Eggs, & Cream of Wheat®

Served with a Banana

Lunch

Savory Rotisserie Bone-in Chicken Leg and Thigh

Oven Roasted Chicken Quarter with Savory Rotisserie Rub. Served with Cauliflower, Mashed Sweet Potato, & Vanilla Pudding

Tuna Salad on Whole Wheat Bun

Lettuce, Tomato, Onion, and Assorted Condiments Available Upon Request.

Dinner

Balsamic Herb-Roasted Turkey

Carved Balsamic Marinated Turkey Breast, Steamed White Rice, Poultry Gravy, Green Beans, & Diced Peaches

Baked Ziti with Vegetables

Baked Pasta Topped with House Made Tomato Sauce, Cheese, and a Medley of Baby Carrots, Squash, Mushrooms, and Peppers. Served with a Garden Salad.



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Friday Specials

Breakfast

**Low Cholesterol Scrambled Eggs, Oatmeal
& Turkey Sausage Links**

Served with Diced Pears.

Lunch

Citrus Herb Tilapia

*Tilapia Marinated in a Blend of Orange,
Lemon Juice, and Herbs. Served with Oven
Roasted Potatoes, Steamed Broccoli, &
Pineapple Tidbits*

Chicken Caesar Salad

*Tender Grilled Chicken Breast, Parmesan
Cheese & Croutons on a Bed of Crispy
Romaine Lettuce*

Dinner

Chicken Parmesan Fresca

*Marinated Grilled Chicken Breast topped
with Marinara and Mozzarella Cheese.
Served with Penne Pasta, Steamed Broccoli,
& a Chocolate Chip Cookie*

Lemon Dill Cod

*Cod baked with lemon and dill. Served with
Roasted Red Potatoes, Broccoli &
Applesauce*



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Saturday Specials

Breakfast

French Toast, Cream of Wheat® & Home Fried Potatoes

Served with a Banana

Lunch

Chicken Teriyaki Stir Fry

Marinated Chicken Tossed with Stir Fried Vegetables & Teriyaki. Served with Steamed White Rice & Pineapple Tidbits

Roast Beef Sandwich on Wheat

Lettuce, Tomato, Onion, and Assorted Condiments Available Upon Request.

Dinner

Farmers Meatloaf

Traditional Meatloaf with Gravy, Mashed Potatoes, & Green Beans. Served with Diced Peaches

Jerk Chicken Thighs

Caribbean Style Chicken served with Wild Rice Pilaf, & Green Beans



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Sunday Specials

Breakfast

Buttermilk Pancakes, Oatmeal, & Turkey Sausage Links

Served with Diced Pears

Lunch

Traditional Beef Stew

Braised Beef, Potatoes, & Carrots in a Savory Sauce Served with Oven Roasted Zucchini & a Chocolate Brownie

Cottage Cheese and Fruit Plate

Low-Fat Cottage Cheese Served with Fresh Melon and Seedless Grapes.

Dinner

Basil Chicken Breast

Chicken Breast Marinated with Italian Spices. Served with Oven Roasted Potatoes, Roasted Vegetables, & Pineapple Tidbits

All-Beef Hamburger on Bun

Lettuce, Tomato, Onion, and Assorted Condiments Available Upon Request.



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