

# Redington Fairview General Hospital

## Cafeteria Menu

**Feb. 11 - 17, 2019**

<p style="text-align: center;"><b>MONDAY</b></p> <p style="text-align: center;"><b>Muffin of the Day</b> Chocolate Chip Muffin (220)</p> <p>*Fajita Beef &amp; Vegetables (128) Fishwich (285) *Mashed Potato (120) *Sliced Carrots (27) *Roasted Cauliflower &amp; Broccoli (60) Coleslaw (60) Pumpkin Pie (230) <i>Soup of the Day</i> * Quinoa &amp; Sweet Potato Chili w/ Black Beans Soup (200)</p>	<p style="text-align: center;"><b>TUESDAY</b></p> <p style="text-align: center;"><b>Muffin of the Day</b> Orange Cranberry Muffin (200)</p> <p>Chicken Parmesan w/Noodles *Grilled Hamburger on Bun (350) *Green Peas (62) *Wax Beans (35) Maine Potato Wedges (130) Grape Salad *Fruit &amp; Yogurt Parfait (100) <i>Soup of the Day</i> Broccoli &amp; Cheddar Soup (260)</p>	<p style="text-align: center;"><b>WEDNESDAY</b></p> <p style="text-align: center;">Muffin of the day Blueberry Muffin (180)</p> <p>Ritz Crusted Baked Haddock (128) *Assorted Pizza *Fingerling Potatoes (120) *California Mixed Vegetables (37) *Corn (50) Sunshine Salad Blueberry Crisp w/ Topping <i>Soup of the Day</i> Smoked Gouda &amp; Roasted Red Pepper Soup (340)</p>
<p style="text-align: center;"><b>THURSDAY</b></p> <p style="text-align: center;"><b>Muffin of the Day</b> Morning Glory Muffin (174) <b>HAPPY VALENTINE'S DAY</b> Pot Roast w/ Gravy (125) Primavera Ravioli (160) (New) Vegetarian Ravioli &amp; Pesto(150) *Garlic Mashed Potato (120) Peas &amp; Carrots (30) Brussel Sprouts (30) *Spinach, Feta, &amp; Blueberry Salad Chocolate Cake w/ Peanut Butter Frosting Black Bean Soup (200)</p>	<p style="text-align: center;"><b>FRIDAY</b></p> <p style="text-align: center;"><b>Muffin of the Day</b> Blueberry Coffee Cake (341)</p> <p>*Barbecued Chicken (210) *Hot Sausage Sub. (350) *Baby Baked Potatoes (130) *Green Bean Casserole *Normandy Mixed Veggies. (40) Fresh Fruit Salad * Tapioca Pudding (130) <i>Soup of the Day</i> Lentil Soup (100)</p>	<p style="text-align: center;"><b>SATURDAY</b></p> <p style="text-align: center;"><b>Muffin of the Day</b> Apple Strudel Muffin (250)</p> <p>*Honey Glazed Chicken (240) Fish Chowder &amp; Hot Roll (225) *Garden Rice (130) *Wax Beans (27) *Green Peas (62) *Assorted Salad Assorted Desserts <i>Soup of the Day</i> Minestrone Soup (80)</p>
<p style="text-align: center;"><b>SUNDAY</b></p> <p style="text-align: center;"><b>Muffin of the Day</b> Pumpkin Muffins (190)</p> <p>Baked Ham w/ Fruit Sauce (125) Assorted Quiche (380) *Mashed Potato (120) *Diced Beets (40) *Caribbean Vegetables (30) *Assorted Salads Assorted Desserts <i>Soup of the Day</i> Veg. Beef &amp; Barley Soup (110)</p>		<p style="text-align: center;"><i>All items subject to change without notice</i></p> <p>* Nutrition Services will offer at least one Heart healthy entrée daily as indicated by the *</p>