

Redington- Fairview General Hospital
Cafeteria Menu
March 5 - 11, 2018

<p style="text-align: center;">MONDAY Muffin of the Day Corn Muffin (190)</p> <p>Spaghetti w/ Meat Sauce (387) *Vegetable Sauce (283) Garlic Bread (120) Chicken w/ Apple & Brie (340) Mashed Potato (120) *Broccoli Florets (37) *Sliced Beets (40) *Grape Salad Chocolate Tapioca Pudding (270) <i>Soup of the Day</i> Smoked Gouda & Red Pepper Soup (340)</p>	<p style="text-align: center;">TUESDAY Muffin of the Day Cranberry White Choc. Muffin (210)</p> <p>Mediterranean Baked Haddock (210) Pineapple & Chicken Quesadilla *Rice Pilaf (130) * Baked Spinach (152) *Sliced Carrots (27) *Quinoa Beet Salad Apple Crisp w/ Topping (200) <i>Soup of the Day</i> Tomato Soup With Garden Vegetable (100)</p>	<p style="text-align: center;">WEDNESDAY Muffin of the day Pumpkin Muffin (190)</p> <p>*Grilled Beef Tips & Veggies. (125) Homemade Turkey Stuffed Peppers (225) *Fingerling Potatoes (130) *Normandy Vegetables (30) *Green Beans (30) Nine Layer Salad Pineapple Delight (200) <i>Soup of the Day</i> Buffalo Chicken Soup (250)</p>
<p style="text-align: center;">THURSDAY Muffin of the Day Blueberry Muffin (160)</p> <p>*Roast Turkey (100) w/ Stuffing (95) & Gravy (25) Homemade Corn Chowder (238) Biscuit (185) *Mashed Potato (120) *California Mixed Vegetables (27) *Green Peas (50) Waldorf Salad Apple Pie (220) <i>Soup of the Day</i> Three Bean Chili (180)</p>	<p style="text-align: center;">FRIDAY Muffin of the Day Cinnamon Bun</p> <p>*Roasted Garlic & Sea Salt Salmon (263) Macaroni & Cheese (315) *Baby Baked Potatoes (130) *Brussel Sprouts (30) * Stewed Tomatoes (35) *Fresh Fruit Salad (60) Chocolate Mousse (100) <i>Soup of the Day</i> Chicken Tortellini Soup (150)</p>	<p style="text-align: center;">SATURDAY Muffin of the Day Butterscotch Muffin</p> <p>*Oven Fried Chicken (200) Baked Beans (140) Grilled Hotdog on a Bun (280) *Green Beans (30) *Diced Beets (40) *Assorted Salad Assorted Desserts <i>Soup of the Day</i> *Hearty Vegetable Soup (70)</p>
<p style="text-align: center;">SUNDAY Muffin of the Day Pineapple Coffee Cake</p> <p>Roast Pork (147) Stuffing (95) & Gravy (25) Cabbage Rolls (200) *Mashed Potato (120) *Sliced Carrots (27) *Broccoli Spears (62) *Assorted Salads Assorted Desserts <i>Soup of the Day</i> Chicken Noodle Soup (100)</p>		<p>All items subject to change without notice</p> <p>* Nutrition Services will offer at least one Heart healthy entrée daily as indicated by the *</p> <p>Please Note” *Calories are Provided next to Menu items</p>