

Redington Fairview General Hospital

Cafeteria Menu

Nov. 5 - 11, 2018

<p style="text-align: center;">MONDAY</p> <p style="text-align: center;">Muffin of the Day Chocolate Chip Muffin (220)</p> <p>*Pot Roast (100) w/Gravy (25) Macaroni & Cheese (315) *Mashed Potato (120) * Mixed Vegetables (37) *Stewed Tomatoes Sun Dried Tomato, Grilled Onion, Pumpkin Pie (230) <i>Soup of the Day</i> Hot Honey & Squash Soup</p>	<p style="text-align: center;">TUESDAY</p> <p style="text-align: center;">Muffin of the Day Orange Cranberry Muffin (200)</p> <p>*Greek Salmon Filet Assorted Fresh Dough Pizza (450) *Mashed Potatoes (120) * Spinach (32) *Sliced Carrots (27) Coleslaw (60) Fruit & Yogurt Parfait (100) <i>Soup of the Day</i> Tomato Florentine Soup (160)</p>	<p style="text-align: center;">WEDNESDAY</p> <p style="text-align: center;">Muffin of the day Blueberry Muffin (180)</p> <p>*Flat Iron Steak (100) Homemade Vegetable Lasagna (300) *Red Roasted Potato (120) *Turnip (36) *Green Peas (62) * Sunshine Salad Blueberry Crisp w/ Topping <i>Soup of the Day</i> Thai Chicken w/ Red Curry Soup</p>
<p style="text-align: center;">THURSDAY</p> <p style="text-align: center;">Muffin of the Day Morning Glory Muffin (174)</p> <p>Meatloaf (250) Gravy (25) *Black Bean Sweet Potato Burgers (175) * Chicken w/ Apple & Brie (340) *Mashed Potato (120) *Brussel Sprouts (30) *Peas & Carrots (40) Spinach, Feta, & Apple Salad Salted Caramel Cheesecake <i>Soup of the Day</i> Chicken Vegetable Soup (100)</p>	<p style="text-align: center;">FRIDAY</p> <p style="text-align: center;">Muffin of the Day Blueberry Coffee Cake (341)</p> <p>Beer Battered Cod (350) Chicken Pot Pie Maine Potato Wedge (130) *Corn (50) *Normandy Mixed Veggies. (40) *Fresh Fruit * Tapioca Pudding (130) <i>Soup of the Day</i> Black Lentil & Dahl Garlic Soup (190)</p>	<p style="text-align: center;">SATURDAY</p> <p style="text-align: center;">Muffin of the Day Apple Strudel Muffin (250)</p> <p>*Honey Glazed Chicken (200) Hot Roast Beef Sub. (460) *Mashed Potato (120) *Sliced Carrots (27) *Green Peas (62) *Assorted Salad Assorted Desserts <i>Soup of the Day</i> Beef & Barley Vegetable soup (240)</p>
<p style="text-align: center;">SUNDAY</p> <p style="text-align: center;">Muffin of the Day Pumpkin Muffins (190)</p> <p>*Grilled Hamburger on Bun (350) Chicken & Broccoli Casserole (320) *Garden Rice (130) *Diced Beets (40) *Caribbean Vegetables (37) *Assorted Salads Assorted Desserts <i>Soup of the Day</i> Three Bean Chili Soup (180)</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>