

Redington Fairview General Hospital

Cafeteria Menu

Oct. 8 - 14, 2018

MONDAY

Muffin of the Day

Chocolate Chip Muffin (220)

*Pot Roast (100) w/Gravy (25)
Sugar Cane Shrimp Skewer (120)

*Mashed Potato (120)
* Mixed Vegetables (37)
*Turnip (30)

Beet & Quinoa Salad (187)
Pumpkin Pie (300)

Soup of the Day

Red Lentil w/ Zucchini Soup
(60)

TUESDAY

Muffin of the Day

Orange Cranberry Muffin (200)

Homemade Chicken Parmesan
(280)

Hamburger on a Bun (350)

*Impossible Burgers (220)
Sidewinders (130)

* Baby Carrots (27)

*Green Peas (62)

Fruit Salad

Fruit & Yogurt Parfait (100)

Soup of the Day

Chicken Tortilla Soup (120)

WEDNESDAY

Muffin of the day

Blueberry Muffin (180)

*Italian Chicken (200)

Fresh Dough Assorted Pizza (450)

*Roasted Red Potatoes (120)

*Wax Beans (30)

*Diced Beets (40)

Caprese Pasta Salad (149)

Blueberry Crisp w/ Topping

Soup of the Day

White Corn Chowder & Miso (240)

THURSDAY

Muffin of the Day

Morning Glory Muffin (174)

Barbeque Pork Spareribs

*Macaroni & Cheese (315)

*Mashed potato (120)

*Brussel Sprouts (30)

*Stewed Tomatoes (30)

Mandarin Orange Delight

German Chocolate Brownie

Soup of the Day

Butternut Squash & Apple Soup
(190)

FRIDAY

Muffin of the Day

Blueberry Coffee Cake (341)

Beer Batter Fish & Chips

Sausage & Kale Soup (185)

Maine Potato Wedge (130)

*Corn (50)

*Normandy Mixed Veggies. (40)

*Cole Slaw (60)

* Tapioca Pudding (130)

Soup of the Day

Black Bean Soup (200)

SATURDAY

Muffin of the Day

Apple Strudel Muffin (250)

* Barbeque Chicken (200)

Cheese Tortellini & Pesto (260)

*Mashed Potato (120)

*Sliced Carrots (27)

*Green Peas (62)

*Assorted Salad

Assorted Desserts

Soup of the Day

Cream of Broccoli soup (240)

SUNDAY

Muffin of the Day

Pumpkin Muffins (190)

*Baked Haddock w/ Crumb
Topping (160)

Beef Chili (287)

*Garden Rice (130)

*Diced Beets ((40)

*Caribbean Vegetables (37)

*Assorted Salads

Assorted Desserts

Soup of the Day

Roasted Chicken Noodle (110)



All items subject to change without notice

* Nutrition Services will offer at least one Heart healthy entrée daily as indicated by the *