

# Redington Fairview General Hospital

## Cafeteria Menu

Sept. 10 - 16, 2018

<p style="text-align: center;"><b>MONDAY</b></p> <p style="text-align: center;"><b>Muffin of the Day</b></p> <p>Chocolate Chip Muffin (220)</p> <p>*Pot Roast (100) w/Gravy (25) Chicken Nuggets w/ Dipping Sauce (225)</p> <p>*Mashed Potato (120) *Green Peas (27) *Turnip (30) Waldorf Salad Cherry Pie (300) <i>Soup of the Day</i> Tomato Florentine Soup (160)</p>	<p style="text-align: center;"><b>TUESDAY</b></p> <p style="text-align: center;"><b>Muffin of the Day</b></p> <p>Orange Cranberry Muffin (200)</p> <p>Chicken Parmesan (280) Over Noodles Oven Fried Chicken (200) Fishwich (380) Baby Baked Potatoes (130) * Whole Green Beans (35) *California Mixed Vegetables (37) *Spinach, Feta, Blueberry &amp; Almond Salad Fruit &amp; Yogurt Parfait (100) <i>Soup of the Day</i> Three Bean Chili Soup ((180)</p>	<p style="text-align: center;"><b>WEDNESDAY</b></p> <p style="text-align: center;">Muffin of the day</p> <p>Blueberry Muffin (180)</p> <p>*Homemade Vegetable Strudel (427) Chicken &amp; Vegetable Stir Fry (135) Brown Rice (130) *Wax Beans (30) *Diced Beets (40) Sunshine Salad Blueberry Crisp w/ Topping <i>Soup of the Day</i> Lentil Soup (200)</p>
<p style="text-align: center;"><b>THURSDAY</b></p> <p style="text-align: center;"><b>Muffin of the Day</b></p> <p>Morning Glory Muffin (174)</p> <p>Meatloaf (250) w/ Gravy (25) Macaroni &amp; cheese (315) *Mashed potato (120) *Stewed Tomatoes (30) *Peas &amp; Carrots (40) Potato Salad Salted Caramel Cheesecake Bar <i>Soup of the Day</i> 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></p> <p>Blueberry Coffee Cake (341)</p> <p>*Grilled Hamburger on Bun (350) Seafood Casserole (365) *Fingerling Potato (130) *Corn (50) *Green Peas (40) Fruit Salad * Tapioca Pudding (130) <i>Soup of the Day</i> Chicken Fiesta Tequila Soup (280)</p>	<p style="text-align: center;"><b>SATURDAY</b></p> <p style="text-align: center;"><b>Muffin of the Day</b></p> <p>Apple Strudel Muffin (250)</p> <p>*Apricot Glazed Chicken (200) Beer Battered Haddock (315) *Mashed Potato (120) *Normandy Mixed Veggies. (30) *Green Peas (62) *Assorted Salad Assorted Desserts <i>Soup of the Day</i> White Chicken Chili Soup w/Beans (200)</p>
<p style="text-align: center;"><b>SUNDAY</b></p> <p style="text-align: center;"><b>Muffin of the Day</b></p> <p>Pumpkin Muffins (190)</p> <p>Orange Honey Glazed Chicken (245) *Hot Meatball Sub. (450) *Garden Rice (130) *Sliced Beets ((40) *Caribbean Vegetables (37) *Assorted Salads Assorted Desserts <i>Soup of the Day</i> Cream of Broccoli Soup (240)</p>		<p style="text-align: center;"><i>All items subject to change without notice</i></p> <p style="text-align: center;">* Nutrition Services will offer at least one Heart healthy entrée daily as indicated by the *</p>