

Redington Fairview General Hospital

Cafeteria Menu

April 8 - 14, 2019

MONDAY

Muffin of the Day

Chocolate Chip Muffin (220)

*Beef Pot Roast w/ Gravy (125)

Tuna Melt on Rye

*Mashed Potato (120)

*Mixed Vegetables (37)

*Sliced Carrots (30)

Mandarin Delight Salad

Blueberry Pie (230)

Soup of the Day

Black lentil & Roasted Garlic Dahl
(250) (Vegetarian) & (GF)

TUESDAY

Muffin of the Day

Maple Bran Muffin (200)

*Pecan Crusted Salmon (263)

Chicken Shortcake (380)

Biscuit (315)

Mashed Potato (120)

*Green Peas (62)

*Wax Beans (30)

*Kale Salad (110)

*Fruit & Yogurt Parfait (100)

Soup of the Day

Lentil Soup (180)

(Vegetarian) (GF)

WEDNESDAY

Muffin of the day

Blueberry Muffin (180)

*Roast Pork w/ Stuffing & Gravy

Chicken Enchilada (340)

*Mashed Garlic Potatoes (120)

*Sliced Beets (62)

*Brussel Sprouts (30)

* Blood Orange Spinach Salad

Blueberry Cheese Cake

Soup of the Day

Chicken Fiesta Tequila Soup (320)

THURSDAY

Muffin of the Day

Morning Glory Muffin (174)

Meatloaf w/ Gravy (350)

*Shrimp & Veg. Stir Fry (147)

*Vegetable Stir Fry

*Vegetable Rice (120)

*Peas & Carrots (30)

*Green Beans (30)

Waldoft Salad

Butterscotch Cream Bars

*Three Bean Chili Soup (180)

(Vegetarian) (GF)

FRIDAY

Muffin of the Day

Blueberry Coffee Cake (341)

*Grilled Flat Iron Steak (100)

Seafood Casserole (365)

*Baby Baked Potatoes (130)

*Broccoli (55)

*Normandy Mixed Veggies. (40)

Fresh Fruit Salad

* Tapioca Pudding (130)

Soup of the Day

Tomato Feta Soup (140)

(Vegetarian) (GF)

SATURDAY

Muffin of the Day

Apple Strudel Muffin (250)

Roast Beef Subs

*Oven Fried Chicken (200)

*Sidewinders (130)

*Wax Beans (27)

*Green Peas (62)

*Assorted Salad

Assorted Desserts

Soup of the Day

Chicken Orzo

SUNDAY

PALM SUNDAY

Muffin of the Day

Pumpkin Muffins (190)

Steak Diane (100)

*Baked Haddock w/ Crumb
Topping (160)

*Baby Bakers (120)

*Baby Carrots (27)

Spinach

*Assorted Salads

Assorted Desserts

Soup of the Day

Cream of Broccoli
(250)



All items subject to change without notice

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

GF = Gluten Free

