

Redington- Fairview General Hospital

Cafeteria Menu

Jan. 7 – 13, 2019

<p>MONDAY Muffin of the Day Corn Muffin (190)</p> <p>*Marsala Chicken (225) Spaghetti w Meat Sauce (387) Or *Vegetable Sauce (283) Garlic Bread (120) *Seasoned Red Potatoes (120) *Broccoli Florets (37) *Baby Carrots (27) *Watergate Salad (220) Chocolate Tapioca Pudding (130) <i>Soup of the Day</i> Buffalo Style Chicken Soup (240)</p>	<p>TUESDAY Muffin of the Day Sour Cream Banana Muffin w/ Streusel Topping (210)</p> <p>*Baked Haddock w/ Ritz Topping (160) Baked Beans (140) Grilled Hotdogs on a Bun (280) *Baked Potato (120) * Green Beans (35) * Mixed Vegetables (37) *Cole Slaw (60) Apple Crisp w/ Topping (200) Black Lentil & Roasted Garlic Dahl (250)</p>	<p>WEDNESDAY Muffin of the day Pumpkin Muffin (190)</p> <p>*Fajita Beef w/ Vegetables (225) Seafood Chowder *Garden Rice (120) *Normandy Veg. Blend (50) *Green Peas (62) *Black Bean & Corn Salad Pineapple Delight (200) Soup of the Day *Minestrone (80)</p>
<p>THURSDAY Muffin of the Day Blueberry Muffin (160)</p> <p>Corned Beef (284) *Cabbage (50) *Oven Fried Chicken (200) *Baby Potatoes (130) *Sliced Carrots (27) *Corn (75) *Tzatziki Salad Strawberry Rhubarb Pie (230) <i>Soup of the Day</i> Honey & Butternut Squash Soup (140)</p>	<p>FRIDAY Muffin of the Day Cinnamon Bun</p> <p>Pecan Salmon (353) *Beef Quesadillas Mashed Potatoes (120) *Brussel Sprouts (30) *Caribbean Vegetable (37) *Fruit Salad Chocolate Mousse <i>Soup of the Day</i> Quinoa & Sweet Potato Chili w/ Black Bean (160)</p>	<p>SATURDAY Muffin of the Day Butterscotch Muffin</p> <p>*Ham & Asparagus Casserole (380) Fishwich on a bun (380) *Sidewinders (150) *Green Beans (30) *Corn (50) *Assorted Salad Assorted Desserts <i>Soup of the Day</i> *Hearty Vegetable Stew (70)</p>
<p>SUNDAY Muffin of the Day Pineapple Coffee Cake</p> <p>Focaccia Chicken (220) *Dynamites (333) *Mashed Potatoes (120) *Sliced Beets (27) *California Mixed Vgs. (62) *Assorted Salads Assorted Desserts <i>Soup of the Day</i> Smoked Gouda & Red Pepper (310)</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> <p>GF = GLUTEN FREE</p>