

Redington Fairview General Hospital

Cafeteria Menu

Dec. 4 - 10, 2017

<p style="text-align: center;">MONDAY</p> <p style="text-align: center;">Muffin of the Day Chocolate Chip Muffin (220)</p> <p>*London Broil (100) Black Bean & Pasta Bake (285) Fingerling Potatoes (130) Diced Beets (40) Broccoli Florets * (27) Waldorf Salad Red Raspberry Pie (300) <i>Soup of the Day</i> Chicken & Dumpling Soup (240)</p>	<p style="text-align: center;">TUESDAY</p> <p style="text-align: center;">Muffin of the Day Orange Cranberry Muffin (200)</p> <p style="text-align: center;">“TACO BAR”</p> <p>*Salmon Filet w/ Sesame & Ginger (150) *Veg. Fried Rice (135) *Green Peas (62) *Wax Beans (30) Broccoli Slaw Fruit & Yogurt Parfait (230) <i>Soup of the Day</i> Quinoa, Sweet Potato Chili & Black Bean(220)</p>	<p style="text-align: center;">WEDNESDAY</p> <p style="text-align: center;">Muffin of the day Blueberry Muffin (180)</p> <p>*Stuffed Chicken w/ Broccoli & Cheese (320) Pulled Pork, Baked Beans, (140) & Corn Bread (190) *Seasoned Roasted Red Potatoes (140) *Green Peas (62) *Baby Carrots (27) Coleslaw Pumpkin Praline Cheesecake (320) <i>Soup of the Day</i> Lentil Soup (220)</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) w/ Gravy (25) Assorted Quiche Mashed Potato (120) Peas & Carrots (40) Brussel Sprouts (30) Mandarin Orange Delight Sinwiches Soup of the Day Chicken Noodle 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>Thai Coconut Curry Shrimp (225) over Rice Noodles (200) Shake & Bake Chicken (370) * Baby Baked Potato (130) *Caribbean Style Veggies. (30) *Green Beans (27) * Fresh Fruit Salad (210) Tapioca Pudding w/ topping (130) <i>Soup of the Day</i> Cream of Broccoli Soup (240)</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 (225) Beer Battered Haddock (250) Sidewinder Potatoes (130) *Peas (62) *Wax Beans (30) *Assorted Salad Assorted Desserts <i>Soup of the Day</i> Three Bean Chili Soup (180)</p>
<p style="text-align: center;">SUNDAY</p> <p style="text-align: center;">Muffin of the Day Pumpkin Muffin (200)</p> <p>Focaccia Chicken (210) Hot Meatball Sub. (480) *Mashed Potato (120) *Sliced Beets ((40) *Baby Carrots (27) *Assorted Salads Assorted Desserts Soup of the Day Tomato Ravioli & Vegetable Soup (110)</p>		<p><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>