

# Redington Fairview General Hospital

## Cafeteria Menu

Feb 12 - 18, 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 w/ Gravy (100)</p> <p>Chicken &amp; Broccoli Casserole (320)</p> <p>*Mashed Potato (120)</p> <p>*Turnip (36)</p> <p>Stewed Tomatoes (30)</p> <p>Beet Salad</p> <p>Pumpkin Pie (230)</p> <p><i>Soup of the Day</i></p> <p>Tomato Garden Vegetable Soup (100)</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>*Pecan Crusted Salmon (263)</p> <p>Honey Mustard Pork (247)</p> <p>*Mashed Potatoes (120)</p> <p>*Green Peas (62)</p> <p>*Wax Beans (30)</p> <p>Coleslaw (60)</p> <p>Fruit &amp; Yogurt Parfait (230)</p> <p><i>Soup of the Day</i></p> <p>Cream of Broccoli Soup (240)</p>	<p style="text-align: center;"><b>WEDNESDAY</b></p> <p style="text-align: center;"><b>HAPPY VALENTINES DAY</b></p> <p style="text-align: center;"><b>Muffin of the day</b></p> <p>Blueberry Muffin (180)</p> <p>Chicken Tenders w/ Assorted Sauces (225)</p> <p>*Homemade Veggie Lasagna (390)</p> <p>*Roasted Red Potatoes (60)</p> <p>*Green Beans (37)</p> <p>*Baby Carrots (27)</p> <p>Kale Salad</p> <p>Crepes w/Strawberries &amp; Cream</p> <p><i>Soup of the Day</i></p> <p>Lentil Soup (200)</p> <p style="text-align: center;"><b>Ash Wednesday</b></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)</p> <p>Spicy Mango Chicken (210)</p> <p>*Mashed Potato (120)</p> <p>*Leaf Spinach (32)</p> <p>* Squash (30)</p> <p>Tzatziki Salad</p> <p>Peanut Butter Bar</p> <p>Soup of the Day</p> <p>Brown &amp; Wild Rice w/ Chicken Soup (210)</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>Baked Ham w/ Fruit Sauce (135)</p> <p>Steak Bomb Sub. (450)</p> <p>Fish Sandwich (380)</p> <p>*Normandy Style Veggies (30)</p> <p>*Green Beans (27)</p> <p>* Fresh Fruit Salad (210)</p> <p>Tapioca Pudding w/ topping (130)</p> <p><i>Soup of the Day</i></p> <p>Smoked Gouda &amp; Red Pepper (310)</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>*Barbecued Chicken (200)</p> <p>Grilled Hot Dog on Grilled Bun (350)</p> <p>*Sidewinders (120)</p> <p>*Peas (62)</p> <p>*Stewed Tomatoes (30)</p> <p>*Assorted Salad</p> <p>Assorted Desserts</p> <p><i>Soup of the Day</i></p> <p>Clam Chowder (220)</p>
<p style="text-align: center;"><b>SUNDAY</b></p> <p style="text-align: center;"><b>Muffin of the Day</b></p> <p>Coffee Swirl Yogurt Muffin (200)</p> <p>Flat Iron Steaks (100)</p> <p>Chicken Shortcake (285)</p> <p>*Mashed Potato (120)</p> <p>*Sliced Beets ((40)</p> <p>*Baby Carrots (27)</p> <p>*Assorted Salads</p> <p>Assorted Desserts</p> <p>Soup of the Day</p> <p>Tomato Ravioli Soup (170)</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>