

# Redington Fairview General Hospital

## Cafeteria Menu

Nov. 6 - 12, 2017

### MONDAY

#### Muffin of the Day

Chocolate Chip Muffin (220)

\*Beef Pot Roast (100) w Gravy (25)

Baked Macaroni & Cheese (315)

\*Mashed Potato (120)

\*Stewed Tomatoes (30)

\*Green Beans (27)

Coleslaw (60)

Pumpkin Pie (230)

*Soup of the Day*

Chicken Orzo Soup (140)

### TUESDAY

#### Muffin of the Day

Lemon Raspberry Muffin (160)

Oven Fried Chicken (220)

Baked Haddock w/ Lemon & Dill Sauce (160)

\*Garden Rice (130)

\*Spinach (32)

\*California Mix (37)

Kale Salad

Fruit & Yogurt Parfait (230)

*Soup of the Day*

Beef, Barley & Veg. Soup (110)

### WEDNESDAY

#### Muffin of the day

Blueberry Muffin (180)

\*Petite Beef Tenderloin Steaks (120) w/ Mushrooms (145)

Homemade Turkey Stuffed Peppers (210)

\*Baby Baked Potatoes (130)

\*Squash (50 )

\*Diced Beets (40)

Maine Wheat Berry Salad

Peanut Butter Pie (640)

*Soup of the Day*

Chipotle Sweet Potato Soup (140)

### THURSDAY

#### Muffin of the Day

Morning Glory Muffin (174)

Meatloaf (250)w/ gravy (25)

Spinach & Artichoke Chicken (350)

Mashed Potato (120)

\*Peas & Carrots (42)

\*Roasted Brussel Sprouts (30)

Waldorf Salad (210)

Bread Pudding w/ Topping (190)

*Soup of the Day*

White Chicken chili w/ Bean Soup (230)

### FRIDAY

#### Muffin of the Day

Blueberry Coffee Cake (341)

Pot Luck Dinner (280)

(Ham, Cabbage, & Turnip)

Cheese Tortellini & Pesto (260)

\* Baby Baked Potato (130)

\*Caribbean Style Veggies. (30)

\*Green Beans (27)

\* Fresh Fruit Salad (210)

Tapioca Pudding w/ topping (130)

*Soup of the Day*

Butternut Squash & Apple Soup (130)

### SATURDAY

#### Muffin of the Day

Apple Strudel Muffin (250)

\*Honey Glazed Chicken (225)

Ham & cheese f Hoagie (425)

Sidewinder Potatoes (130)

\*Peas (62)

\*Wax Beans (30)

\*Assorted Salad

Assorted Desserts

*Soup of the Day*

Tomato Feta Soup (120)

### SUNDAY

#### Muffin of the Day

Pumpkin Muffin (200)

Roast Pork (147) w/ Stuffing (95) & Gravy (25)

Fishwich (350)

\*Mashed Potato (120)

\*Sliced Beets ((40)

\*Baby Carrots (27)

\*Assorted Salads

Assorted Desserts

*Soup of the Day*

Quinoa, & Sweet Potato Chili w/ Black Beans (200)



*All items subject to change without notice*

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

