

VISIT OUR 1st FLOOR
KIOSK FOR
GRAB-N-GO ITEMS!



NUTRITION CARE DIVISION
GENERAL LEONARD WOOD ARMY COMMUNITY HOSPITAL
OUR DAILY SPECIALTIES



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NCOIC, Nutrition Care Division

WEEK 2

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	27-Nov-2016	28-Nov-2016	29-Nov-2016	30-Nov-2016	1-Dec-2016	2-Nov-2016	3-Nov-2016
GREAT BEGINNINGS BREAKFAST MENU	Oatmeal/Grits (V)	Oatmeal/Grits (V)	Breakfast Burrito Oatmeal/Grits (V)	Breakfast Sandwich Oatmeal/Grits (V)	Breakfast Burrito Oatmeal/Grits (V)	Breakfast Sandwich Oatmeal/Grits (V)	Fresh Fruit, Fruit Juices (V) Oatmeal/Grits (V)
MON - FRI 0600-0900 WKND & HOLIDAYS 0700-1000	French Toast (V) Hash Brown Patties	Pancakes (V) O'Brien Potatoes	Waffles (V) Hash Brown Patties	French Toast (V) O'Brien Potatoes	Pancakes (V) Hash Brown Casserole	Waffles (V) Shredded Hash Browns	French Toast (V) Hash Brown Patties
FEATURING: OMELETS MADE TO ORDER MADE FRESH DAILY	Eggs/Omelets to Order Bacon/Sausage Sausage Gravy/Biscuits	Bacon/Sausage Turkey Links Sausage Gravy/Biscuits	Bacon/Sausage/Turkey Bacon Grilled Pork chop Sausage Gravy/Biscuits	Bacon/Sausage/ Turkey Bacon Corned Beef Hash Sausage Gravy/Biscuits	Bacon/Sausage Turkey Links Sausage Gravy/Biscuits	Bacon/Sausage/Turkey Bacon Chicken Fried Steak Sausage Gravy/Biscuits	Eggs/Omelets to Order Bacon/Sausage Sausage Gravy/Biscuits
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PANINI OF THE DAY	Soup of the Day	Philly Steak & Cheese	Chili	Hot Pastrami	chili	New Orleans Style Catfish Po Boy	Soup of the Day
SOUPS	Baked Ham	Italian Wedding Soup	GLWACH Tortilla Soup	Pepper Steak	Egg Drop Soup	Chili	Blackened Tilapia
MID-DAY FARE	Scalloped potatoes	Chili	Beef/ Chicken /Fish Tacos	Chili	Cashew Chicken	Tomato Basil Soup	Chicken Fried Chicken
MON - FRI 1100-1400 WKND & HOLIDAYS 1000-1400	Grilled Zucchini (V) Home-style Dinner Rolls	Meat Lasagna Vegetable Lasagna	Pollo con Cilantro Santa Fe Chicken	French Onion Soup Lemon Pepper Catfish	Port Tenderloin Chicken Lo Mein	Meatloaf Blackened Catfish	Mashed Potatoes Mixed Vegetables (V)
FEATURING: FRESH GRILLED ITEMS WRAPS & DELI SANDWICHES	Dessert of the Day	Tuscan Herbed Fish Veal Parmesan Breaded Mushrooms Normandy Vegetables (V) Grilled Brussel Sprouts (V) Garlic Bread	Mexican Rice Ranchero Beans (V) Sonoma Vegetables Mexican Corn (V) Taqitos German Chocolate Cake/Parfait	WING WEDNESDAY Mashed Potatoes (V) Wild Rice (V) Grilled Zucchini Garlic Green Beans (V) Home-style Dinner Roll Carrot Cake /Parfait	Vegetable Lo Mein Jasmine Rice Fried Rice Asian Fried Cabbage (V) Key Biscayne Vegetables (V) Vegetable Egg Rolls (V) Apple Pie/ Parfait	Fried Catfish/Baked Catfish Smoked BBQ Beef Brisket Steamed Rice Mashed Potatoes White Rice Winter Blend Vegetables (V) Brown Gravy Okra w/ Stewed Tomatoes (V) Dinner Rolls/ Ice Cream Bar	Home-style Dinner Rolls Dessert of the Day
Try our Vegetarian (V) Options!							
EVENING MENU		Hot Specialty Soup & Chili Grilled Sausage & Peppers Steamed Rice Stewed Tomatoes/Okra Normandy Vegetables Dinner Roll	Hot Specialty Soup & Chili Swiss Steak w/ Onions Mashed Potatoes (V) Sonoma Vegetables Broccoli Spears (V) Wheat Dinner Roll German Chocolate Cake	Hot Specialty Soup & Chili Savory Baked Chicken Au Gratin Potatoes (V) Garlic Green Vegetables (V) Bermuda Vegetables (V) Home-style Dinner Roll Carrot Cake	Hot Specialty Soup & Chili Potato Crusted Tilapia Couscous (V) Normandy Vegetables (V) Glazed Carrots (V) Wheat Dinner Roll Apple Pie		
MON - FRI 1600-1800 WKND & HOLIDAYS 1530-1730						Hot Specialty Soup & Chili Oven Baked Pork chops Garden Rice Fire Roasted Apples Grilled Brussel Sprouts (V)	
FEATURING: FRESH GRILLED ITEMS SALADS & DELI SANDWICHES							

**WEEKEND
MENU**

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