



MCMH + Clinics Cafeteria

WEEK ONE MENU

Lunch

Supper

Monday

Café Entrée: Tuscan White Bean Pasta
Braised Beef Tips, Chimichurri Pork Tenderloin
Buttered Egg Noodles, Garlic Bread
Roasted Carrots, Grilled Vegetables
Greek Salad, Macaroni Salad
Chocolate Diva Cake, Strawberry Jell-O Parfait

Half Roast Beef Sandwich, Lemon Pepper Chicken
Potato Soup, Roasted Red Potatoes
Peas, Cauliflower
Tossed Salad, Chickpea Salad
Angel Food Cake w/Strawberry Topping, Rice Krispy Bar

Tuesday

Café: Gumbo
Meatloaf, Blackened Chicken
Mashed Potatoes w/Gravy, Dirty Rice
Green Beans, Roasted Garlic Mushrooms
Tossed Salad, Banana Split Salad
Apple Crisp, Lemon Bar

Pan-fried Pork Chop, Bruschetta Chicken
Potatoes O'Brien, Pesto Linguini
Corn, Italian Blend Vegetables
Cottage Cheese w/Fruit, Applesauce
Chocolate Chip Cookie, Berry Parfait

Wednesday

Café Entrée: Orange Chicken
Pepper Steak, Casino Crusted Cod
White Rice, Roasted Yukon Gold Potatoes
Asian Mix Vegetables, Asparagus
Apple Pecan Salad, Peach Deluxe
Turtle Brownie, Lime Jell-O w/Pears

Ham Steak, Sloppy Joe
Au Gratin Potatoes, Tater Tots
Mixed Vegetables, Lemon Pepper Broccoli
Tossed Salad, Beet Salad
Pistachio Pudding, Grapes

Thursday

Café: Broccoli Cheese Soup
Roast Turkey, Country Style Ribs
Mashed Potatoes w/Gravy, Hashbrown Casserole
Squash Medley, Baked Beans
Tossed Salad, Chop Chop Salad
Pineapple Upside Down Cake, Sugar Cookie

Vegetable Lasagna, Half Grilled Ham & Swiss
Breadstick, Potato Salad
Peas & Carrots, Beets
Caesar Salad, Watergate Salad
Sherbet, Brownie

Friday

Café Entrée: Green Chili Chicken Tostadas
Salmon w/Mango Salsa, Enchiladas
Roasted Sweet Potatoes, Spanish Rice
Capri Vegetables, Mexicorn
Cherry Jell-O w/Fruit, Cottage Cheese
Coconut Bars, M&M Cookie

Minute Steak, Tuna Noodle Casserole
Mashed Potatoes w/Gravy
Asparagus, Glazed Carrots
Tossed Salad, Cucumber Salad
Scotcheroos, Pineapple

Saturday

Bourbon Glazed Chicken, Swiss Steak
Roasted Baby Potatoes, Mashed Potatoes w/Gravy
Creamed Cabbage, Mixed Vegetables
Tossed Salad, Seafoam Salad
Pecan Pie, Fresh Fruit

Chicken Salad on Croissant, Herb Pork Steak
Baked Lays, Fried Potatoes
Peas, Parmesan Zucchini
Garden Ranch Cottage Cheese, Orange Dream Salad
Cheesecake, Chocolate Pudding

Sunday

Sliced Roast Beef, Chicken Fried Cod
Twice Baked Potatoes, Potato Wedges
Green Beans, Spring Vegetable Blend
Mtn Dew Salad, Coleslaw
Vanilla Pudding Parfait, Oatmeal Raisin Cookie

Swedish Meatballs, Ham & Potato Casserole
Egg Noodles, Garlic Bread
Spinach, Corn
Tossed Salad, Broccoli Raisin Salad
Chocolate Cake w/Chocolate Frosting, Raspberry Almond
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