

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

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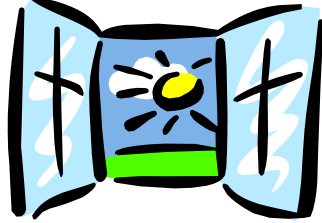
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Chief, Nutrition Care Division



WEEK 1

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	24-Feb-2013	25-Feb-2013	26-Feb-2013	27-Feb-2013	28-Feb-2013	1-Mar-2013	2-Mar-2013
GREAT BEGINNINGS BREAKFAST MENU	Fresh Fruit, Fruit Juices (V) Oatmeal/Grits (V)	Fresh Fruit, Fruit Juices (V) Oatmeal/Grits (V)	Fresh Fruit, Fruit Juices (V) Oatmeal/Grits (V)	Fresh Fruit, Fruit Juices (V) Oatmeal/Grits (V)	Fresh Fruit, Fruit Juices (V) Oatmeal/Grits (V)	Fresh Fruit, Fruit Juices (V) 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 & French Toast (V) Home Fried Potatoes	Pancakes & French Toast (V) Hash Brown Patties	Pancakes & French Toast (V) Home Fried Potatoes	Pancakes & French Toast (V) Hash Brown Patties	Pancakes & French Toast (V) Shredded Hash Browns	French Toast (V) Hash Brown Patties
FEATURING: Breakfast Burritos & Sandwiches Made Fresh Daily	Eggs/Omelets to Order Bacon/Sausage Sausage Gravy/Biscuits	Bacon/Sausage/Turkey Bacon <i>Hot Links</i> Sausage Gravy/Biscuits	Bacon/Sausage/Turkey Sausage <i>Corned Beef Hash</i> Sausage Gravy/Biscuits	Bacon/Sausage/Turkey Bacon <i>Hot Links</i> Sausage Gravy/Biscuits	Bacon/Sausage/Turkey Sausage <i>Corned Beef Hash</i> Sausage Gravy/Biscuits	Bacon/Sausage/Turkey Bacon <i>Chicken Fried Steak</i> Sausage Gravy/Biscuits	Eggs/Omelets to Order Bacon/Sausage Sausage Gravy/Biscuits
PANINI OF THE DAY	Soup Du Jour	Tacchino Panini	Reuben Panini	Classic Panini	Chicken Parmesan Panini	Cuban Panini	Soup Du Jour
MID-DAY FARE LUNCH MENU	Baked Smoked Ham Cheese Tortellini, Alfredo Pesto	Chicken Florentine Soup Italian Wedding Soup	Chicken Tortilla Soup Black Bean & Cheese Enchilada (V)	Chicken Dumpling Soup Black Bean Veg Soup	Broccoli and Cheese Soup Chicken Noodle Soup	Clam Chowder Chicken Gumbo Soup	Salisbury Steak w/ Mushroom Gravy Fried Tilapia
MON - FRI 1100-1400 WKND & HOLIDAYS 1000-1400	Baked Sweet Potatoes (V) Mixed Vegetables (V)	Spaghetti w/ Meat Sauce Spaghetti with Marinara Sauce	Beef Fajitas Chicken Fajitas	Meatloaf BAKED POTATO BAR WING WEDNESDAY	General Tso's Chicken Beef Bulgogi	Baked Chicken Quarters Baked/Fried Catfish	Lyonnais Potatoes Lima Beans (V)
FEATURING: FRESH GRILLED ITEMS WRAPS & DELI SANDWICHES	Simmered Spinach (V) Home-style Dinner Rolls Assorted Desserts	Pasta Primavera Italian Sausage Sub w/ Pepper Breaded Mushrooms (V)	Mexican Rice Refried Beans (V) Zucchini w/ Stewed Tomatoes (V)	Mashed Potato (V) Wild Rice (V) Green Peas and Carrots (V)	Sweet and Sour Tofu Jasmine Rice (V) Fried Rice	Barbecued Ribs Macaroni and Cheese (V) Red Beans and Rice (V)	Country Style Vegetables (V) Wheat Dinner Roll Assorted Desserts
Try our Vegetarian (V) Options! 		Antigua Vegetables (V) Grilled Brussels Sprouts (V) Garlic Bread Strawberry Cream Pie	Mixed Vegetables (V) Chicken Taquitos Xangos	Capri Vegetables (V) Homestyle Dinner Roll Oreo Pie	Fried Cabbage Oriental Vegetables (V) Spring Rolls (V) Carrot Cake	Collard Greens w/ Ham Hocks Glazed Carrots (V) Corn Bread Pecan Pie	
DINNER DISHES EVENING MENU	Soup Du Jour Open Grill Chicken Tenders	Hot Specialty Soup & Chili Baked Spaghetti Blackened Chicken Breast	Hot Specialty Soup & Chili Baked Tilapia Beef/Chicken Fajitas	Hot Specialty Soup & Chili French Dip on Sub Meatloaf	Hot Specialty Soup & Chili Apricot Chicken Breast Beef Bulgogi	Hot Specialty Soup & Chili Barbecued Chicken Barbecued Ribs	Soup Du Jour Open Grill Oven Roast
MON - FRI 1600-1800 WKND & HOLIDAYS 1530-1730	Waffle Fries (V) Fried Okra (V)	Baby Bakers Seasoned Lima Beans	Orzo (V) Broccoli Spears (V)	Potato Wedges (V) Green Beans (V)	Couscous (V) Oriental Vegetables (V)	Fire Roasted Sweet Potatoes Simmered Cauliflower	Baked Potato (V) Yellow Squash (V)
FEATURING: FRESH GRILLED ITEMS SALADS & DELI SANDWICHES	Sonoma Vegetables Green Beans (V) Assorted Desserts	Antigua Vegetables Garlic Bread Strawberry Cream Pie	Zucchini w/ Stewed Tomatoes (V) Wheat Dinner Roll Xangos	Capri Vegetables (V) Homestyle Dinner Roll Oreo Pie	Green Peas (V) Wheat Dinner Roll Carrot Cake	Glazed Carrots Corn Bread Pecan Pie	Sonoma Vegetables (V) Wheat Dinner Roll Assorted Desserts