

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

//ORIGINAL SIGNED//


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WEEK 1

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	3-Feb-2013	4-Feb-2013	5-Feb-2013	6-Feb-2013	7-Feb-2013	8-Feb-2013	9-Feb-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
BLACK HISTORY MONTH SPECIAL							
PANINI OF THE DAY	Soup Du Jour	Tacchino Panini	Pot Roast and Vegetable Soup	Classic Panini	Chicken Parmesan Panini	Cuban Panini	Soup Du Jour
MID-DAY FARE LUNCH MENU	Baked SmokedHam Cheese Tortellini, Alfredo Pesto	Chicken Florentine Soup Italian Wedding Soup	Black Bean Veg Soup Shrimp Etouffee	Chicken Dumpling Soup Black Bean Veg Soup	Broccoli and Cheese Soup Chicken Noodle Soup	Clam Chowder Jambalaya	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 w/ Marinara Sauce	Chicken Andouille Gumbo Pork Barbecued Ribs	BAKED POTATO BAR Meatloaf	General Tso's Chicken Beef Bulgogi	Liver and Onions Fried/Baked Catfish	Lyonnais Potatoes Lima Beans (V)
FEATURING: FRESH GRILLED ITEMS WRAPS & DELI SANDWICHES	Simmered Spinach (V) Home-style Dinner Rolls Assorted Desserts	Italian Sausage Sub w/ Pepper Pasta Primavera (V) Breaded Mushrooms (V)	Chicken and Waffles Black Eyed Peas Macaroni and Cheese	WING WEDNESDAY Mashed Potato (V) Wild Rice (V)	Sweet and Sour Tofu Jasmine Rice (V) Fried Rice	Smoked BBQ Beef Brisket White Rice (V) Hash Brown Casserole (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	Cinnamon Glazed Carrots (v) Collard Greens Corn Bread Banana Pudding Red Velvet Cake	Green Peas and Carrots (V) Capri Vegetables (V) Homestyle Dinner Roll Oreo Pie	Fried Cabbage Oriental Vegetables (V) Spring Rolls (V) Carrot Cake	Fried Okra (V) Sauteed Spinach (V) Cornbread Triple Layer Chocolate Cake	

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 Barbecued Ribs	Hot Specialty Soup & Chili French Dip on Sub Meatloaf	Hot Specialty Soup & Chili Apricot Chicken Breast Beef Bulgogi	Hot Specialty Soup & Chili Fried/Baked Catfish Chicken and Dumpling	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)	White Rice Lima Beans (V)	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 Red Velvet Cake	Capri Vegetables (V) Homestyle Dinner Roll Oreo Pie	Green Peas (V) Wheat Dinner Roll Carrot Cake	Grilled Brussel Sprouts (V) Baking Powder Biscuits Triple Layer Chocolate Cake	Sonoma Vegetables (V) Wheat Dinner Roll Assorted Desserts