

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

// ORIGINAL SIGNED//  
MARIA ROUENNA S. YATES, MHA, RD  
MAJ, SP  
Chief, Nutrition Care Division



**WEEK 3**

|  | SUNDAY   | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY   |
|--|--|--|---|--|--|---|--|
|  | 6-Jan-2013   | 7-Jan-2013   | 8-Jan-2013  | 9-Jan-2013   | 10-Jan-2013  | 11-Jan-2013   | 12-Jan-2013  |
| <b>GREAT BEGINNINGS<br/>BREAKFAST<br/>MENU</b>                                 | Fresh Fruit, Fruit Juices (V)<br>Oatmeal/Grits (V)               | Fresh Fruit, Fruit Juices (V)<br>Oatmeal/Grits (V)                         | Fresh Fruit, Fruit Juices (V)<br>Oatmeal/Grits (V)                  | Fresh Fruit, Fruit Juices (V)<br>Oatmeal/Grits (V)                         | Fresh Fruit, Fruit Juices (V)<br>Oatmeal/Grist (V)                         | Fresh Fruit, Fruit Juices (V)<br>Oatmeal/Grits (V)                          | Fresh Fruit, Fruit Juices (V)<br>Oatmeal/Grits (V)               |
| <b>MON - FRI 0600-0900<br/>WKND &amp; HOLIDAYS 0700-1000</b>                   | French Toast (V)<br>Hash Brown Patties                           | Pancakes & French Toast (V)<br>Home Fried Potatoes                         | Pancakes & Waffles (V)<br>Hash Brown Patties                        | Pancakes & French Toast (V)<br>Home Fried Potatoes                         | Pancakes & French Toast (V)<br>Hash Brown Patties                          | Pancakes & Waffles (V)<br>Shredded Hash Browns                              | French Toast (V)<br>Hash Brown Patties                           |
| <b>FEATURING:<br/>Breakfast Burritos &amp; Sandwiches<br/>Made Fresh Daily</b> | Eggs/Omelets to Order<br>Bacon/Sausage<br>Sausage Gravy/Biscuits | Bacon/Sausage/Turkey Bacon<br>Creamed Beef Gravy<br>Sausage Gravy/Biscuits | Bacon/Sausage/Turkey Sausage<br>Hot Links<br>Sausage Gravy/Biscuits | Bacon/Sausage/Turkey Bacon<br>Creamed Beef Gravy<br>Sausage Gravy/Biscuits | Bacon/Sausage/Turkey Sausage<br>Corned Beef Hash<br>Sausage Gravy/Biscuits | Bacon/Sausage/Turkey Bacon<br>Chicken Fried Steak<br>Sausage Gravy/Biscuits | Eggs/Omelets to Order<br>Bacon/Sausage<br>Sausage Gravy/Biscuits |

|                                    |                                |   |   |  |  |  |  |
|------------------------------------|--------------------------------|---|---|--|--|--|--|
| <b>PANINI OF THE DAY</b>           | Soup Du Jour                   | <b>Panini Forno Italian</b>   | <b>Chicken Cheese Quesadilla</b>  | <b>Reuben Panini</b>   | <b>Turkey and Cheddar Panini</b>   | <b>Cuban Panini</b>  | Soup Du Jour   |
| <b>MID-DAY FARE<br/>LUNCH MENU</b> | Baked Chicken<br>Fried Chicken | Mediterranean Vegetable Soup<br>Italian Wedding Soup<br>Spinach Mushroom Quiche<br>Italian Baked Chicken<br>Italian Meatballs<br>Penne Pasata (V)<br>Fried Zucchini (V)<br>Sicilian Vegetables (V)<br>Italian Green Beans (V)<br>Garlic Breadsticks<br>Apple Spice Cake | Chicken Tortilla Soup<br><b>MONDO NACHO BAR</b><br><b>MONDO BURRITO BAR</b><br>(Beef, Chicken, or Vegetable)<br>Mexican Pork Loin<br>Pepperjack Creamed Corn<br>Zucchini and Red Peppers (V)<br>Grilled Spinach (V)<br>Warm Tortillas (V)<br>Xangos | Beef Pot Roast Soup<br>Black Bean Veg Soup<br><b>Wing Wednesday</b><br>Braised Beef Tips w/ Noodles<br>Baked Potato (V)<br>Baked Sweet Potato (V)<br>Glazed Baby Carrots (V)<br>Green Peas & Mushrooms (V)<br>Wheat Dinner Roll<br>Strawberry Cheesecake | Chicken Mushroom Crimini Soup<br>Chicken and Wild Rice<br>Chicken Teriyaki<br>Beef Yakisoba<br>Vegetable Yakisoba<br>Jasmine Rice (V)<br>Brown Rice (V)<br>Japanese Stir Fried Veg (V)<br>Broccoli Cheese Bake<br>Chicken Potstickers<br>German Chocolate Cake | Clam Chowder<br>Hearty Bean and Ham Soup<br>Fried/Baked Catfish<br>BBQ Pulled Pork<br>BBQ Chicken Quarters<br>Sweet Potato Fries (V)<br>Baked Beans<br>Collard Greens w/ Ham Hocks<br>Yellow Squash w/ Onions (V)<br>Honey Corn Bread<br>Pecan Pie | Sloppy Joes<br>Potato Crusted Tilapia<br>Lyonnais Potatoes<br>Lima Beans (V)<br>Country Style Vegetables (V)<br>Breadsticks<br>Assorted Desserts |

**Try our Vegetarian (V) Options!**



**Folic Acid**



**Awareness Week**



|  |   |   |  |  |  |  |   |
|--|---|---|--|--|--|--|---|
| <b>DINNER DISHES<br/>EVENING<br/>MENU</b>                                  | Soup Du Jour<br>Open Grill<br>Roast Turkey w/ Gravy   | Hot Specialty Soup & Chili<br>Baked Ziti<br>Chicken Parmesan<br>Fire Roasted Potatoes<br>Sonoma Vegetables (V)<br>Wax Beans (V)<br>Garlic Breadsticks<br>Apple Spice Cake | Hot Specialty Soup & Chili<br>Mexican Bake<br>Fish Tacos<br>Grilled Potatoes and Onions<br>Broccoli Spears (V)<br>Midori Vegetables (V)<br>Wheat Dinner Roll<br>Xangos | Hot Specialty Soup & Chili<br>Braised Beef Tips w/ Noodles<br>Chicken Pot Pie<br>Twice Baked Potatoes (V)<br>Green Beans (V)<br>Spiced Beets (V)<br>Wheat Dinner Roll<br>Strawberry Cheesecake | Hot Specialty Soup & Chili<br>Grilled Pork Chop<br>Chicken Teriyaki<br>Macaroni and Cheese (V)<br>Grilled Cabbage (V)<br>Fire Roasted Apples (V)<br>Homestyle Dinner Roll<br>German Chocolate Cake | Hot Specialty Soup & Chili<br>BBQ Pulled Pork<br>Baked Chicken<br>Mashed Potatoes (V)<br>Garden Vegetables (V)<br>Succotash (V)<br>Honey Corn Bread<br>Pecan Pie | Soup Du Jour<br>Open Grill<br>Chicken Cordon Bleu<br>Baked Sweet Potato (V)<br>Yellow Squash (V)<br>Sonoma Vegetables (V)<br>Breadsticks<br>Assorted Desserts |
| <b>MON - FRI 1600-1800<br/>WKND &amp; HOLIDAYS 1530-1730</b>               | Mashed Potato (V)<br>Broccoli Cuts (V)<br>Sonoma Vegetables<br>Homestyle Dinner Roll<br>Assorted Desserts |   |  |  |  |  |   |
| <b>FEATURING:<br/>FRESH GRILLED ITEMS<br/>SALADS &amp; DELI SANDWICHES</b> |   |   |  |  |  |  |   |