




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

//ORIGINAL SIGNED//
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WEEK 2

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	20-Jan-2013	21-Jan-2013	22-Jan-2013	23-Jan-2013	24-Jan-2013	25-Jan-2013	26-Jan-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 Creamed Beef Gravy Sausage Gravy/Biscuits	Bacon/Sausage/Turkey Sausage Hot Links Sausage Gravy/Biscuits	Bacon/Sausage/Turkey Bacon Creamed Beef Gravy Sausage Gravy/Biscuits	Bacon/Sausage/Turkey Sausage Corned Beef Hash Sausage Gravy/Biscuits	Bacon/Sausage/Turkey Bacon Country Fried Steak Sausage Gravy/Biscuits	Eggs/Omelets to Order Bacon/Sausage Sausage Gravy/Biscuits
PANINI OF THE DAY	Soup Du Jour	Chicken Parmesan Panini	Vegetarian Panini	South Beach Panini	Rachel Panini	Spicy Redfish Panini	Soup Du Jour
MID-DAY FARE LUNCH MENU	Beef Bulgogi Sweet and Sour Chicken	Tomato Florentine Soup Italian Wedding Soup	Chicken Tortilla Soup Chicken Tortilla Soup	Vegetable Beef Barley Soup Black Bean Veg Soup	Roasted Red Pepper & Gouda Soup Vegetable Garden	Clam Chowder Jambalaya	Cheese /Chicken Enchiladas Refried Beans (V)
MON - FRI 1100-1400 WKND & HOLIDAYS 1000-1400	Fried Rice Sauteed Cabbage and Carrots (V)	Meat Lasagna Spinach Lasagna (V)	Chicken Taco Salad Bowl Beef Taco Salad Bowl	Stuffed Beef Green Pepper Stuffed Veggie Green Peppers	Beef with Broccoli Sweet and Sour Pork Chop	Liver and Onions Fried/Baked Catfish	Spanish Rice (V) Mexican Corn (V)
FEATURING: FRESH GRILLED ITEMS WRAPS & DELI SANDWICHES	Midori Vegetables Spring Rolls (V) Assorted Desserts	Breaded Veal Parmesan Breaded Mushrooms (V) Italian Baked Potato (V)	Baja Fish Tacos Spanish Rice Ranchero Beans (V)	Wing Wednesday Steamed Red Potatoes (V) Steamed Rice (V)	Chicken Adobo Jasmine Rice (V) Fried Rice	Smoked BBQ Beef Brisket White Rice (V) Hash Brown Casserole (V)	Mixed Vegetables (V) Home-style Dinner Rolls Assorted Desserts
Try our Vegetarian (V) Options! 		Normandy Vegetables (V) Italian Green Beans (V) Garlic Bread Coconut Cream Pie	Sonoma Vegetables Chuckwagon Corn (V) Taqitos Xangos	Zucchini (V) Mixed Vegetables (V) Homestyle Dinner Roll Blueberry Cheesecake	Fried Cabbage Oriental Vegetables (V) Crab Rangoon (V) Triple Layer Chocolate Cake	Fried Okra (V) Sauteed Spinach (V) Corn Bread Dutch Apple Pie	
DINNER DISHES EVENING MENU	Soup Du Jour Open Grill Veal Parmesan	Hot Specialty Soup & Chili Lasagna Tuscan Herbed Fish	Hot Specialty Soup & Chili Tacos Swiss Steak w/ Onions	Hot Specialty Soup & Chili Yankee Pot Roast Savory Baked Chicken	Hot Specialty Soup & Chili Beef with Broccoli Savory Herb Pork Roast	Hot Specialty Soup & Chili Fried/Baked Catfish Chicken and Dumpling	Soup Du Jour Open Grill Bone in Ham
MON - FRI 1600-1800 WKND & HOLIDAYS 1530-1730	Buttered Noodles (V) Italian Green Beans (V)	Orzo (V) Stewed Tomatoes w/ Zucchini	Mashed Potatoes (V) Carrot Coins (V)	Au Gratin Potatoes (V) Steamed Green Peas (V)	Couscous (V) Green and Wax Beans (V)	White Rice Lima Beans (V) Grilled Brussel Sprouts (V)	Sweet Potatoes (V) Broccoli Spears (V) Mixed Vegetables (V)
FEATURING: FRESH GRILLED ITEMS SALADS & DELI SANDWICHES	Sonoma Vegetables Breadsticks Assorted Desserts	Steamed Cauliflower Garlic Bread Coconut Cream Pie	Broccoli Spears (V) Wheat Dinner Roll Xangos	Bermuda Vegetables (V) Homestyle Dinner Roll Blueberry Cheesecake	Glazed Carrots (V) Wheat Dinner Roll Triple Layer Chocolate Cake	Baking Powder Biscuits Dutch Apple Pie	Home-style Dinner Rolls Assorted Desserts