

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

// ORIGINAL SIGNED//  
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WEEK 3

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	27-Jan-2013	28-Jan-2013	29-Jan-2013	30-Jan-2013	31-Jan-2013	1-Feb-2013	2-Feb-2013
<b>GREAT BEGINNINGS</b> 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/Grist (V)	Fresh Fruit, Fruit Juices (V) Oatmeal/Grits (V)	Fresh Fruit, Fruit Juices (V) Oatmeal/Grits (V)
<b>MON - FRI 0600-0900</b> <b>WKND &amp; HOLIDAYS 0700-1000</b>	French Toast (V) Hash Brown Patties	Pancakes & French Toast (V) Home Fried Potatoes	Pancakes & Waffles (V) Hash Brown Patties	Pancakes & French Toast (V) Home Fried Potatoes	Pancakes & French Toast (V) Hash Brown Patties	Pancakes & Waffles (V) Shredded Hash Browns	French Toast (V) Hash Brown Patties
<b>FEATURING:</b> <b>Breakfast Burritos &amp; Sandwiches</b> <b>Made Fresh Daily</b>	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 Chicken Fried Steak Sausage Gravy/Biscuits	Eggs/Omelets to Order Bacon/Sausage 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</b> LUNCH MENU	Baked Chicken Fried Chicken	Mediterranean Vegetable Soup Italian Wedding Soup Spinach Mushroom Quiche Italian Baked Chicken Italian Meatballs Penne Pasata (V) Fried Zucchini (V) Sicilian Vegetables (V) Italian Green Beans (V) Garlic Breadsticks Apple Spice Cake	Chicken Tortilla Soup <b>MONDO NACHO BAR</b> <b>MONDO BURRITO BAR</b> (Beef, Chicken, or Vegetable) Mexican Pork Loin Pepperjack Creamed Corn Zucchini and Red Peppers (V) Grilled Spinach (V) Warm Tortillas (V) Xangos	Beef Pot Roast Soup Black Bean Veg Soup <b>Wing Wednesday</b> Braised Beef Tips w/ Noodles Baked Potato (V) Baked Sweet Potato (V) Glazed Baby Carrots (V) Green Peas & Mushrooms (V) Wheat Dinner Roll Strawberry Cheesecake	Chicken Mushroom Crimini Soup Chicken and Wild Rice Chicken Teriyaki Beef Yakisoba Vegetable Yakisoba Jasmine Rice (V) Brown Rice (V) Japanese Stir Fried Veg (V) Broccoli Cheese Bake Chicken Potstickers German Chocolate Cake	Clam Chowder Hearty Bean and Ham Soup Fried/Baked Catfish BBQ Pulled Pork BBQ Chicken Quarters Sweet Potato Fries (V) Baked Beans Collard Greens w/ Ham Hocks Yellow Squash w/ Onions (V) Honey Corn Bread Pecan Pie	Sloppy Joes Potato Crusted Tilapia Lyonnais Potatoes Lima Beans (V) Country Style Vegetables (V) Breadsticks Assorted Desserts

Try our Vegetarian (V) Options!



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