

VISIT OUR 1st FLOOR  
KIOSK FOR  
GRAB-N-GO ITEMS!



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



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**WEEK 2**

	SUNDAY 16-Oct-2016	MONDAY 17-Oct-2016	TUESDAY 18-Oct-2016	WEDNESDAY 19-Oct-2016	THURSDAY 20-Oct-2016	FRIDAY 21-Oct-2016	SATURDAY 22-Oct-2016
<b>GREAT BEGINNINGS BREAKFAST MENU</b>	Oatmeal/Grits (V)	Oatmeal/Grits (V)	Breakfast Burrito Oatmeal/Grits (V)	Breakfast Sandwich Oatmeal/Grits (V)	Breakfast Burrito Oatmeal/Grits (V)	Breakfast Sandwich Oatmeal/Grits (V)	Fresh Fruit, Fruit Juices (V) Oatmeal/Grits (V)
<b>MON - FRI 0600-0900 WKND &amp; HOLIDAYS 0700-1000</b>	French Toast (V) Hash Brown Patties	Pancakes (V) O'Brien Potatoes	Waffles (V) Hash Brown Patties	French Toast (V) O'Brien Potatoes	Pancakes (V) Hash Brown Casserole	Waffles (V) Shredded Hash Browns	French Toast (V) Hash Brown Patties
<b>FEATURING: OMELETS MADE TO ORDER MADE FRESH DAILY</b>	Eggs/Omelets to Order Bacon/Sausage Sausage Gravy/Biscuits	Bacon/Sausage Turkey Links Sausage Gravy/Biscuits	Bacon/Sausage/Turkey Bacon Grilled Pork chop Sausage Gravy/Biscuits	Bacon/Sausage/ Turkey Bacon Corned Beef Hash Sausage Gravy/Biscuits	Bacon/Sausage Turkey Links 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 of the Day	Philly Steak & Cheese	Chili	<b>Hot Pastrami</b>	chili	<b>New Orleans Style Catfish Po Boy</b>	Soup of the Day
<b>SOUPS</b>	Baked Ham	Italian Wedding Soup	GLWACH Tortilla Soup	Pepper Steak	Egg Drop Soup	Chili	Blackened Tilapia
<b>MID-DAY FARE</b>	Scalloped potatoes	Chili	Beef/ Chicken /Fish Tacos	Chili	Cashew Chicken	Tomato Basil Soup	Country Fried Pork Steak
<b>MON - FRI 1100-1400 WKND &amp; HOLIDAYS 1000-1400</b>	Grilled Zucchini (V) Home-style Dinner Rolls	Meat Lasagna Vegetable Lasagna	Pollo con Cilantro Pork Pernil	French Onion Soup Lemon Pepper Catfish	Port Tenderloin Chicken Lo Mein	Blackened Catfish Fried Catfish/Baked Catfish	Mashed Potatoes Mixed Vegetables (V)
<b>FEATURING: FRESH GRILLED ITEMS WRAPS &amp; DELI SANDWICHES</b>	Dessert of the Day	Tuscan Herbed Fish Veal Parmesan	Mexican Rice Ranchero Beans (V)	<b>WING WEDNESDAY</b> Mashed Potatoes (V)	Vegetable Lo Mein Jasmine Rice	Smoked BBQ Beef Brisket Mashed Potatoes	Home-style Dinner Rolls Dessert of the Day
<b>Try our Vegetarian (V) Options!</b>		Breaded Mushrooms Normandy Vegetables (V)	Sonoma Vegetables Mexican Corn (V)	Wild Rice (V) Grilled Zucchini	Fried Rice Asian Fried Cabbage (V)	Hash Brown Casserole (V) Winter Blend Vegetables (V)	
<b>Evening Menu</b>		Grilled Brussel Sprouts (V) Garlic Bread	Taquitos German Chocolate Cake/Parfait	Garlic Green Beans (V) Home-style Dinner Roll	Key Biscayne Vegetables (V) Vegetable Egg Rolls (V)	Okra w/ Stewed Tomatoes (V) Dinner Roll	
<b>WEEKEND MENU</b>		Potato Bar		Carrot Cake /Parfait	Apple Pie/ Parfait		
<b>MON - FRI 1600-1800 WKND &amp; HOLIDAYS 1530-1730</b>		Hot Specialty Soup & Chili Grilled Sausage & Peppers	Hot Specialty Soup & Chili Swiss Steak w/ Onions	Hot Specialty Soup & Chili Savory Baked Chicken	Hot Specialty Soup & Chili Potato Crusted Tilapia	Hot Specialty Soup & Chili Oven Baked Pork chops	<b>WEEKEND MENU</b>
<b>FEATURING: FRESH GRILLED ITEMS SALADS &amp; DELI SANDWICHES</b>	Mixed Vegetables (V) Dessert of the Day	Steamed Rice Stewed Tomatoes/Okra Normandy Vegetables Dinner Roll French Silk Pie	Mashed Potatoes (V) Sonoma Vegetables Broccoli Spears (V) Wheat Dinner Roll German Chocolate Cake	Au Gratin Potatoes (V) Garlic Green Vegetables (V) Bermuda Vegetables (V) Home-style Dinner Roll Carrot Cake	Couscous (V) Normandy Vegetables (V) Glazed Carrots (V) Wheat Dinner Roll Apple Pie	Garden Rice Fire Roasted Apples Grilled Brussel Sprouts (V) Dinner Roll	Mixed Vegetables (V) Dessert of the Day