

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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Menu subject to change based upon availability

WEEK 3

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	2-Oct-2016	3-Oct-2016	4-Oct-2016	5-Oct-2016	6-Oct-2016	7-Oct-2016	8-Oct-2016
GREAT BEGINNINGS BREAKFAST MENU	Fresh Fruit, Fruit Juices (V) Oatmeal/Grits (V)	Biscuit Rolls 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)
MON - FRI 0600-0900 WKND & HOLIDAYS 0700-1000	French Toast (V) Hash Brown Patties	Pancakes & French Toast 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
FEATURING: OMELETS MADE TO ORDER MADE FRESH DAILY	Eggs/Omelets to Order Bacon/Sausage Sausage Gravy/Biscuits	Bacon/Sausage Turkey Links Sausage Gravy/Biscuits	Bacon/Sausage Grilled Pork chop Sausage Gravy/Biscuits	Bacon/Sausage Corned Beef Hash Sausage Gravy/Biscuits	Bacon/Sausage Turkey Links Sausage Gravy/Biscuits	Bacon/Sausage Chicken Fried Steak Sausage Gravy/Biscuits	Eggs/Omelets to Order Bacon/Sausage Sausage Gravy/Biscuits
PANINI OF THE DAY	Soup of the Day	Philly Cheesesteak	Chili	Buffalo Chicken Wrap	Chili	New Orleans Style Po Boy	Soup of the Day
SOUPS	Roast Turkey	Chili	Pork Posole Soup	Chili	Egg Drop Soup	Chili	Beef Stroganoff
MID-DAY FARE LUNCH MENU	Mashed Potatoes w/ Gravy Cornbread Dressing	Mediterranean Veg Soup Spaghetti w/ Meat Sauce	Chicken Enchilada Casserole Flank Steak w/ Chimichurri Sauce	Chicken and Dumpling Soup WING WEDNESDAY	Beef with Broccoli Jasmine Rice (V)	Chicken Noodle Soup Fried/Baked Catfish	Smothered Chicken Garlic Toast
WKND & HOLIDAYS 1000-1400	Home-style Dinner Rolls	Chicken Marsala	Roasted Root Vegetables	Salisbury Steak	Brown Rice (V)	Bourbon Chicken	Steamed Rice
FEATURING: FRESH GRILLED ITEMS WRAPS & DELI SANDWICHES	Dessert of the Day	Beef Stroganoff Breaded Mushrooms (V) Antigua Vegetables (V) Broccoli Spears w/ Cheese Garlic Bread Strawberry Cream Pie/Parfait Baked POT/SWT POT BAR	Antigua Vegetables (V) Grilled Mixed Zucchini (V) Mexican Rice (V) Lemon Meringue Pie/Parfait TACO BOWL BAR	Couscous (V) Winter Blend Vegetables (V) Fire Roasted Apples (V) Wheat Dinner Roll Pecan Pie/Parfait BAKED POT/SWT POT BAR	Sonoma Style Vegetables (V) Garlic Fried Green Beans (V) Vegetable Egg Rolls (V) Lemon Cream Cake/Parfait	Dirty Rice Baked Beans Collard Greens Grilled Yellow Squash Honey Corn Muffins	Dessert of the Day
Try our Vegetarian (V) Options!							
DINNER DISHES EVENING MENU	WEEKEND MENU	Hot Specialty Soup & Chili	Hot Specialty Soup & Chili	Hot Specialty Soup & Chili	Hot Specialty Soup & Chili	Hot Specialty Soup & Chili	WEEKEND MENU
MON - FRI 1600-1800 WKND & HOLIDAYS 1530-1730		Chicken Parmesan Fire Roasted Potatoes Sicilian Vegetables (V) Wax Beans (V) Garlic Breadsticks Chocolate Mint Pie	Baja Fish Tacos Grilled Potatoes and Onions Grilled Mixed Zucchini (V) Midori Vegetables (V) Wheat Dinner Roll Lemon Meringue Pie	Open Faced Turkey Mashed Potatoes (V) Green Beans (V) Glazed Baby Carrots (V) Wheat Dinner Roll Pecan Pie	Smothered Pork Chop Macaroni and Cheese (V) Japanese Stir Fried Veg (V) Fire Roasted Apples (V) Home-style Dinner Roll Lemon Cream Cake	Fish and Chips Parmesan Potato Wedges (V) Garden Vegetables (V) Grilled Yellow Squash Dinner Roll	
FEATURING: FRESH GRILLED ITEMS SALADS & DELI SANDWICHES		Mixed Vegetables Dessert of the Day					