

**NUTRITION CARE DIVISION
GENERAL LEONARD WOOD ARMY COMMUNITY HOSPITAL**

CHERYL D. CLARKE
SFC, USA
Nutrition Care Division

Menu subject to change based upon availability



WEEK 1

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9-Oct-2016	10-Oct-2016	11-Oct-2016	12-Oct-2016	13-Oct-2016	14-Oct-2016	15-Oct-2016
GREAT BEGINNINGS BREAKFAST MENU MON - FRI 0600-0900 WKND & HOLIDAYS 0700-1000 FEATURING: OMELETS MADE TO ORDER MADE FRESH DAILY	Fresh Fruit, Fruit Juices (V) Oatmeal/Grits (V) French Toast (V) Hash Brown Patties Eggs/Omelets to Order Bacon/Sausage Sausage Gravy/Biscuits	Biscuit Rolls Oatmeal/Grits (V) Pancakes (V) O'Brien Potatoes Bacon/Sausage Turkey Links Sausage Gravy/Biscuits	Breakfast Burrito Oatmeal/Grits (V) Waffles (V) Hash Brown Patties Bacon/Sausage/Turkey Bacon Grilled Porkchop Sausage Gravy/Biscuits	Breakfast Sandwich Oatmeal/Grits (V) French Toast (V) O'Brien Potatoes Bacon/Sausage/Turkey Bacon Corned Beef Hash Sausage Gravy/Biscuits	Breakfast Burrito Oatmeal/Grits (V) Pancakes (V) Hash Brown Casserole Bacon/Sausage Turkey Links Sausage Gravy/Biscuits	Breakfast Sandwich Oatmeal/Grits (V) Waffles (V) Shredded Hash Browns Bacon/Sausage/Turkey Bacon Chicken Fried Steak Sausage Gravy/Biscuits	Fresh Fruit, Fruit Juices (V) Oatmeal/Grits (V) French Toast (V) Hash Brown Patties Eggs/Omelets to Order Bacon/Sausage Sausage Gravy/Biscuits
Holiday (Columbus Day)							
MID-DAY FARE LUNCH MENU WKND & HOLIDAYS 1000-1400 FEATURING: FRESH GRILLED ITEMS WRAPS & DELI SANDWICHES Try our Vegetarian (V) Options! 	Mashed Potatoes w/ Gravy Macaroni and Cheese Home-style Dinner Rolls Dessert of the Day	Chicken Noodle Soup Chilli Chicken Alfredo Oven Fried Chicken Baked Ziti Fried Zucchini Glazed Carrots Sicilian Vegetable Garlic Bread Sticks Strawberry Cream Pie	Chicken tortilla Soup Chicken/Beef Fajitas Black Bean & Cheese Enchilada (V) Lemon Garlic Tilapia Mexican Rice Refried Beans (V) Zucchini w/ Stewed Tomatoes (V) Mixed Vegetables (V) Chicken Taquitos Coconut Cream Pie/Parfait TACO SALAD BAR	Kale & Sausage Soup Smothered Pork Chops Shrimp and Grits WING WEDNESDAY Mashed Potato (V) Fried Okra (V) Green Peas and Carrots (V) Simmered Yellow Squash (V) Homestyle Dinner Roll Oreo Pie/Parfait BAKED POT/SWT POT BAR	Chili Chicken Noodle Soup Parmesan Crusted Tilapia General Tso's Chicken Mongolian Beef Jasmine Rice (V) Fried Rice Asian Fried Cabbage (V) Japanese Vegetables (V) Vegetable Egg Rolls (V) Carrot Cake/Parfait Bulgogi Bar	Chicken Gumbo Soup Home Cooked Chicken Quarters Baked/Fried Catfish Barbecued Ribs Macaroni and Cheese (V) Red Beans and Rice (V) Collard Greens w/ Ham Hocks Glazed Carrots (V) Corn Muffins/Biscuits PIES & COBBLER BAR	Baked Ziti Lyonnaise Potatoes Country Style Vegetables (V) Garlic Toast Dessert of the Day
DINNER DISHES EVENING MENU MON - FRI 1600-1800 WKND & HOLIDAYS 1530-1730 FEATURING: FRESH GRILLED ITEMS SALADS & DELI SANDWICHES	WEEKEND MENU Mixed Vegetables Dessert of the Day	Hot Specialty Soup & Chili Baked Spaghetti O' Brien Potatoes Seasoned Lima Beans Antigua Vegetables Garlic Bread Strawberry Cream Pie	Hot Specialty Soup & Chili Baked Fish Fiesta Rice (V) Broccoli Spears (V) Zucchini w/ Stewed Tomatoes (V) Wheat Dinner Roll Coconut Cream Pie	Hot Specialty Soup & Chili Grilled Porkchop Mashed Potatoes (V) Green Beans (V) Capri Vegetables (V) Homestyle Dinner Roll Oreo Pie	Hot Specialty Soup & Chili Honey Glazed Chicken Corn (V) Japanese Vegetables (V) Green Peas (V) Wheat Dinner Roll Carrot Cake	Hot Specialty Soup & Chili Shepherd's Pie Fire Roasted Sweet Potatoes Simmered Cauliflower Glazed Carrots Corn Bread	WEEKEND MENU Country Style Vegetables Dessert of the Day