

# SPRINGFIELD HOSPITAL CAFETERIA & DINER

August 2017 (Menu is subject to change.)

**LOOK for the items in Bold!**

**Bold means the food listed is vegetarian!**

<b>Monday, August 7th</b>	<b>Calories</b>
Clam Chowder	150
Taco Salad	
W Hamburger	270
W Turkey Burger	172
<b>Macaroni and Cheese</b>	<b>410</b>
Broccoli	25

<b>Tuesday, August 8th</b>	
Cream of Broccoli Soup	143
Baked Salmon with Dill sauce	143
Hawaiian Pulled Pork/Bun	37/120
<b>Vegetable Roll (2)</b>	<b>160</b>
Rice	80
Green Beans	25

<b>Wednesday, August 9th</b>	
Corn Chowder	161
Fish Sandwich	200/120
<b>Vegetarian Lasagna</b>	<b>397</b>
Potato Puffs	120
Carrots	25

**Thursday, August 10th**  
**Theme Day**

<b>Friday, August 11th</b>	
Chefs Choice	
Breaded Chicken Patty/Bun	220/120
<b>Japanese tofu with Broccoli And Mushrooms</b>	<b>235</b>
<b>Rice</b>	<b>80</b>
Garlic Potato Wedges	259
Green Beans	25

<b>Saturday, August 12th</b>	
Chicken Pot Pie/Biscuit	162/172
Philly Steak with Onions and Peppers	210/120
Broccoli	25

<b>Monday, August 14th</b>	
Fish Chowder	116
Baked Stuffed chicken and Gravy	270/130
<b>Stuffed Shells/Bread Stick</b>	<b>200/120</b>
Mashed Potato	80
Peas	80

<b>Tuesday, August 15th</b>	
Cream of Broccoli Soup	143
Philly Steak With Onions and Peppers	210/120
<b>Thai Spicy Eggplant with Sweet Basil</b>	<b>500</b>
Garlic Potato wedges	259
Spinach	25

<b>Wednesday, August 16th</b>	
Corn Chowder	161
Chicken Parmesan	310
Bread Stick	160
<b>Spinach and Black Bean Burrito</b>	<b>213</b>
Pasta	80
Broccoli	25

<b>Thursday, August 17th</b>	
Vegetable Soup	90
Crunchy Baked Fish	162
<b>Stuffed Baked Potato</b>	
<b>W Broccoli Cheddar</b>	<b>250</b>
With Chili	259
Grilled Hot Dog/Bun	225/130
Peas	80

<b>Friday, August 18th</b>	
Chef's Choice	
BLT	
<b>Stir fried Rainbow Peppers</b>	
<b>Egg plant and tofu</b>	<b>239</b>
Brown Rice	80
Beets	80

<b>Saturday, August 19th</b>	
Scalloped Potato and ham	360
Sloppy Joe/bun	200/120
Peas	80

<b>Monday, August 21st</b>	
Cabbage and Ground Beef Soup	295.5
Mediterranean Chicken with artichokes, Sun-dried tomatoes and Portabella	194
<b>Macaroni and Cheese</b>	<b>410</b>
Baked Potato	80
Broccoli	25

<b>Tuesday, August 22nd</b>	
Cream of Broccoli soup	143
Beef Bourguignon	268
<b>Vegetarian Fiesta Wrap</b>	<b>487</b>
Rice	80
Spinach	25

<b>Wednesday, August 23rd</b>	
Corn Chowder	161
Meatloaf and Gravy	315
<b>Pizza (cheese and Supreme)</b>	<b>460/530</b>
Mashed Potato	80
Carrots	25

<b>Thursday, August 24th</b>	
Cream of Tomato Soup	175
Pork Chop with Hawaiian Sauce	426
<b>Grilled Cheese</b>	<b>250</b>
Rice	80
Green Beans	25

<b>Friday, August 25th</b>	
Chef's Choice	
Clam Roll	360/120
<b>Thai Curried Noodles with Broccoli And Tofu</b>	<b>263</b>
French Fries	120
Corn	80

<b>Saturday, August 26th</b>	
<b>Cream of Tomato Soup</b>	<b>175</b>
BLT	405
Cheese Quiche	350
Broccoli	25

<b>Monday, August 28th</b>	
Clam Chowder	150
Lasagna/Bread sticks	240/120
<b>Garden Burger/Bun</b>	<b>225/125</b>
Grilled Hot dog/bun	225/130
Baked Beans	140
Broccoli	25

<b>Tuesday, August 29th</b>	
Cream of Broccoli soup	143
Grilled Reuben	525
<b>Vegetarian Mediterranean Wrap</b>	<b>487</b>
*Green Beans	25

<b>Wednesday, August 30th</b>	
Corn Chowder	161
Chicken Scaloppini	195
<b>Manicotti (1)</b>	<b>229</b>
<b>Bread Stick</b>	<b>160</b>
Rice	80
Brussels Sprouts	25

<b>Thursday, August 31st</b>	
Chicken Noodle soup	70
Shepherds Pie	275
Grinders Made to Order	
Carrots	25

<b>Friday, September 1st</b>	
Chefs Choice	
Roast Pork and Gravy	248/16
<b>Macaroni and Cheese</b>	<b>410</b>
Roasted Red Potatoes	80
Peas	80

<b>Saturday, September 2nd</b>	
American Chop Suey/Bread Stick	260/160
Hot Dog/Bun	225/130
French Fries	120
Green Beans	25

<b>Monday, September 4th</b>	
BBQ Chicken	
Grilled Hot Dog/Bun	
Garden Burger/Bun	
Macaroni Salad	
Corn	

**Tuesday, September 5th**  
**Theme Day**

<b>Wednesday, September 6th</b>	
Corn Chowder	161
Fish Sandwich	200/120
<b>Manicotti (1)</b>	<b>229</b>
<b>Bread Stick</b>	<b>160</b>
Garlic Potato wedges	259
Italian Mixed Vegetables	25

<b>Thursday September 7th</b>	
Vegetable Soup	90
Chicken Florentine	280
Hamburger on Bun	225/120
<b>Garden Burger/Bun</b>	<b>150/120</b>
Rice	80
Carrots	25

<b>Friday September 8th</b>	
Tomato Soup	175
<b>Grilled Cheese</b>	<b>250</b>
Chicken Pot Pie/Biscuit	162/172
Broccoli	25

<b>Saturday September 9th</b>	
<b>Pasta Alfredo</b>	<b>379</b>
<b>Bread stick</b>	<b>160</b>
Grilled Ham, cheese and Bacon	495
Broccoli	25

**NUTRITIONAL INFORMATION**

Nutrition information is based on the following serving sizes:  
 Vegetables 1/2 cup    Soup 1 cup    Meat 3 oz    Casseroles 1 cup  
 Heart Healthy \*\*\*\*\* **MYO Sandwich bar will be open Monday through Friday**

**SERVING TIMES:**

Breakfast: 6:30 AM - 10:00 AM  
 Lunch: 11:15 AM - 1:30 PM  
 Dinner: 4:00 PM - 6:00 PM  
 Closed Weekends and Holidays