

SPRINGFIELD HOSPITAL CAFETERIA & DINER

September 2017 (Menu is subject to change.)

LOOK for the items in Bold!

Bold means the food listed is vegetarian!

Monday, September 11th

	Calories
Hamburger Soup	90
Crunchy Baked Fish	162
Stuffed Baked Potato	
With Chili	259
W Broccoli Cheese Sauce	250
Grilled Hot Dog/Bun	225/130
Peas	80

Tuesday, September 12th

Cream of Broccoli Soup	143
Beef and Garlic Lo Mein	289
Vegetable Roll (2)	160
Fried Rice	228
Green Beans	25

Wednesday, September 13th

Corn Chowder	161
Pork Chops with Marsala Sauce	332
Hamburger/Bun	225/120
Garden Burger/Bun	150/120
Roasted Red Potatoes	80
Carrots	80

Thursday, September 14th

Polish Barley Soup	170
Chicken Fricassee	290
Thai Spicy Eggplant with Sweet Basil	500
Rice	80
Corn	80

Friday, September 15th

Clam Chowder	150
Grilled Roast Beef, Swiss cheese, roasted Red Peppers	
With horse radish sauce	476
Vegetarian Lasagna	254
Bread Stick	120
Potato Puffs	120
Beets	25

Saturday, September 16th

Cream of Tomato soup	175
Grilled Cheese	250
Beef Stew	225
Biscuit	150
Green Beans	25

Monday, September 18th

Pistou Soup	371
Taco Salad	
W Hamburger	270
W Turkey Burger	172
W Refried Beans	495
Grilled Turkey Reuben	415
Carrots	25

Tuesday, September 19th

Cream of Broccoli	143
Pesto Cheesy Chicken Rolls with Cream Sauce	564
Lentil Sloppy Joe/Bun	200/125
Baked Potatoes	80
Spinach	25

Wednesday, September 20th

Corn Chowder	161
American Chop Suey/Bread Stick	260/160
Garden Burger/Bun	225/125
Clam Roll	360/120
Garlic Potato Wedges	259
Baked Beans	140
Green Beans	25

Thursday, September 21st

Cream of Tomato Soup	175
Grilled cheese	250
Sesame Seed Chicken	240
Roasted Red Potatoes	80
Corn	80

Friday, September 22nd

Fish Chowder	116
Meatloaf and Gravy	315
Spinach and Mushroom Casserole	257
Mashed Potato	80
Carrots	25

Saturday, September 23rd

Macaroni and Cheese	410
Chicken Fillet/Bun	310/120
Potato Puffs	120
Peas	80

Monday, September 25th

Minestrone Soup	80
Taco Salad	
W Hamburger	270
W Turkey Burger	172
W Refried Beans	495
Grilled Turkey, Bacon and Cheese	441
Carrots	25

Tuesday, September 26th

Cream of Broccoli	143
Split Pea and Ham Soup	175
Spaghetti and Meatballs	
Spaghetti (1 cup)	160
Sauce (1/2 cup)	90
Meatballs (6)	230
Bread Stick	160
Italian Sausage W onions and peppers	400/140
Broccoli	25

Wednesday, September 27th

Corn Chowder	161
Baked Stuffed Chicken and Gravy	270/130
Cheese Pizza Supreme Pizza	460/530
Mashed Potato	80
Peas	80

Thursday, September 28th

Cream of Tomato Soup	175
Sweet and Sour Pork	170
Grinders Made to Order	
Rice	80
Green Beans	25

Friday, September 29th

Clam Chowder	150
BLT	440
Parmesan Spinach Cake	141
Garlic Potato Wedges	259
Carrots	25

Saturday, September 30th

Chicken Pot Pie/Biscuit	162/172
Garden Burger/Bun	150/120
Grilled Hamburger/Bun	225/120
Potato Puffs	120
Broccoli	25

Monday, October 2nd

Cream of Broccoli	143
Chicken Cordon Bleu	230
Grilled Hot Dog/Bun	225/130
Garden Burger/Bun	150/120
Roasted Red Potatoes	80
Corn	80

Tuesday, October 3rd

Theme Day

Wednesday, October 4th

Corn Chowder	161
Beef Bourguignon	268
Stuffed Shell (1)	290
Bread Stick	160
Rice	80
Carrots	25

Thursday, October 5th

Minestrone Soup	90
Hawaiian Pork Chop	250
Hamburger/Bun	225/120
Garden Burger	150/120
Mashed Sweet Potato	80
Green Beans	25

Friday, October 6th

Chefs Choice	
Fish Sandwich	360
Macaroni and Cheese	410
Potato Puffs	120
Broccoli	25

Saturday, October 7th

Vegetable Soup	90
American Chop Suey/Bread Stick	260/160
Grilled Hot Dog/Bun	225/130
Baked Beans	140
*Carrots	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