

SPRINGFIELD HOSPITAL CAFETERIA & DINER

December 2017 (Menu is subject to change.)

LOOK for the items in Bold!

Bold means the food listed is vegetarian!

Monday, December 11, 2017 **Calories**

Cabbage and Ground Beef Soup	295.5
Split Pea and Ham	180
Top your own Quesadilla	
Chicken Quesadilla	261
Bean and Cheese Quesadilla`	250
Sesame Seed Pork and Broccoli	228
Rice	80
Broccoli	25

Tuesday, December 12th

Cream of Broccoli Soup	143
Chicken Noodle Soup	60
Baked Salmon with Dill sauce	143
Hawaiian Pulled Pork/Bun	37/120
Hearty Vegetable and Lentil Stew	164
Corn Bread	150
Rice	80
Spinach	25

Wednesday, December 13th

Corn Chowder	161
Beef Barley	80
Taco Salad	
W Hamburger	270
W Turkey Burger	172
Macaroni and Cheese	410
Carrots	25

Thursday, December 14th

French Onion Soup	90
Chicken Rice	70
Hamburger/Bun	225/120
Garden Burger/Bun	150/120
Baked Chicken	290
Roasted Red Potatoes	80
Corn	80

Friday, December 15th

Chefs Choice	
Breaded Chicken Patty/Bun	220/120
Vegetable Stuffed Eggplant	186
Garlic Potato Wedges	259
Green Beans	25

Saturday, December 16th

Chicken Pot Pie/Biscuit	162/172
Philly Steak with Onions and Peppers	210/120
Broccoli	25

Monday, December 18th

Fish Chowder	116
Beef Barley	80
Baked Stuffed chicken and Gravy	270/130
Stuffed Shells/Bread Stick	200/120
Mashed Potato	80
Peas	80

Tuesday, December 19th

Cream of Broccoli Soup	143
Chicken Rice Soup	70
Philly Steak with Onions and Peppers	210/120
Thai Spicy Eggplant with Sweet Basil	500
Garlic Potato wedges	259
Spinach	25

Wednesday, December 20th

Corn Chowder	161
Vegetable Soup	60
Chicken Parmesan	310
Bread Stick	160
Spinach and Black Bean Burrito	213
Pasta	80
Broccoli	25

Thursday, December 21st

Chicken Noodle	60
Split Pea and Ham	180
Crunchy Baked Fish	162
Stuffed Baked Potato	
W Broccoli Cheddar	250
With Chili	259
Grilled Hot Dog/Bun	225/130
Corn	80

Friday, December 22nd

Chefs Choice	
BLT	
Stir fried Rainbow Peppers	
Eggplant and tofu	239
Brown Rice	80
Beets	80

Saturday, December 23rd

Scalloped Potato and ham	360
Sloppy Joe/bun	200/120
Peas	80

Monday, December 25th

Turkey, Dressing and Gravy	
Baked Ham	
Mashed Potato	
Butternut Squash	
Green Beans	

Tuesday, December 26th

Cream of Broccoli soup	143
Grilled Reuben	500
Winter Vegetable Stew/Biscuit	184/120
Spinach	25

Wednesday, December 27th

Corn Chowder	161
Vegetable soup	60
Meatloaf and Gravy	315
Pizza (cheese and Supreme)	460/530
Mashed Potato	80
Carrots	25

Thursday, December 28th

French Onion Soup	70
Cream of Tomato Soup	175
Pork Chop with Hawaiian Sauce	426
Grilled Cheese	250
Rice	80
Broccoli	25

Friday, December 29th

Chefs Choice	
Crunchy Baked Cod	162
Thai Curried Noodles with Broccoli	
And Tofu	263
Baked Potato	80
Corn	80

Saturday, December 30th

Cream of Tomato Soup	175
BLT	405
Cheese Quiche	350
Carrots	25

Monday, January 1st

Baked Ham	
Sweet Potato	
Macaroni and Cheese	
Broccoli	25

Tuesday, January 2nd

Cream of Broccoli soup	143
Grilled Reuben	525
Vegetarian Mediterranean Wrap	487
Potato Puffs	120
Green Beans	25

Wednesday, January 3rd

Corn Chowder	161
Beef Barley	82
Chicken Scaloppini	195
Manicotti (1)	229
Bread Stick	160
Rice	80
Brussels Sprouts	25

Thursday, January 4th

Chicken Noodle soup	70
Vegetable Soup	60
Shepherds Pie	275
Egg Plant Parmesan	357
Pasta	80
Carrots	25

Friday, January 5th

Fish Chowder	116
Chicken Pot Pie/Biscuit	162/172
Mediterranean Quiche	179
Peas	80

Saturday, January 6th

American Chop Suey/Bread Stick	260/160
Hot Dog/Bun	225/130
French Fries	120
Green Beans	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