

SPRINGFIELD HOSPITAL CAFETERIA & DINER

January 2018 (Menu is subject to change.)

LOOK for the items in Bold!

Bold means the food listed is vegetarian!

Monday, January 8, 2018

	Calories
Cream of Broccoli Soup	143
Split Pea and Ham soup	180
Taco Salad	
W Hamburger	270
W Turkey Burger	172
Baked Tortellini	366
Broccoli	25

Tuesday, January 9th

Theme Day Chinese

Wednesday, January 10th

Corn Chowder	161
Beef Barley	80
Chicken Parmesan	310
Rumpledethumps (hearty vegetarian casserole)	436
Pasta	25
Carrots	80

Thursday, January 11th

French Onion Soup	70
Cream of Tomato soup	175
Hamburger/Bun	225/120
Garden Burger/Bun	225/120
Sweet and Sour Pork	340
Rice	80
Spinach	25

Friday, January 12th

Fish Chowder	116
Clam Roll	260/120
Vegetarian Lasagna	370
Bread Stick	160
Potato Puffs	120
Beets	25

Saturday, January 13th

Shepherd's Pie	275
BLT	440
Green Beans	25

Monday, January 15th

Hamburger Soup	90
Chicken Rice	70
Chili/Bread Boule	259/170
Italian Sausage with onions and peppers	400/170
Spinach and Feta Quiche	179
Carrots	25

Tuesday, January 16th

Cream of Broccoli Soup	143
Split Pea and Ham Soup	180
Chicken Fillet/Bun	220/125
Mediterranean Eggplant and White Bean Stew	201
Corn Bread	150
Potato Puffs	120
Spinach	25

Wednesday, January 17th

Corn Chowder	161
Vegetable Soup	60
American Chop Suey/Bread Stick	260/160
Garden Burger/Bun	225/125
Grilled Hot Dog/Bun	225/130
Baked Beans	140
Green Beans	25

Thursday, January 18th

Minestrone Soup	90
Grinders Made to Order	
Sweet and Sour Chicken	309
Rice	80
Broccoli	25

Friday, January 19th

Fish Chowder	116
Crunchy Baked Cod	162
Baked Potato	80
Parmesan Spinach Cake	141
Beets	25

Saturday, January 20th

Fettuccine Alfredo	379
Chicken Fillet/Bun	310/120
Potato Puffs	120
Peas	80

Monday, January 22nd

Cream of Mushroom Soup	131
Chicken Noodle	70
Hamburger/Bun	150/120
Garden Burger/Bun	150/120
Pork Chop with Marsala Sauce	332
Brown Rice	80
Carrots	25

Tuesday, January 23rd

Cream of Broccoli	143
Beef Barley Soup	80
Stuffed chicken and Gravy	400
Vegetarian Mediterranean Wrap	487
Mashed Potato	80
Green Beans	25

Wednesday, January 24th

Corn Chowder	161
Vegetable Soup	60
Taco Salad	
W Hamburger	270
W Turkey Burger	172
Macaroni and Cheese	410
Broccoli	25

Thursday, January 25th

French Onion Soup	70
Tomato Soup	175
Chicken Florentine	280
Grilled Cheese	250
Roasted Red Potatoes	80
Peas	80

Friday, January 26th

Clam Chowder	150
Spaghetti and Meatballs	
Spaghetti (1 cup)	160
Sauce (1/2 cup)	90
Meatballs (6)	230
Bread Stick	160
Grilled Ham and Cheese	495
Carrots	80

Saturday, January 27th

Cheese Quiche	350
Grilled Hamburger/Bun	225/120
Potato Puffs	120
Broccoli	25

Monday, January 29th

Butternut Squash Bisque	120
Split Pea and Ham soup	180
Top you own Quesadilla Bar	
Roast Pork and Gravy	248/16
Roasted Red Potato	80
Brussel Sprouts	25

Tuesday, January 30th

Cream of Broccoli Soup	143
Vegetable soup	90
American Chop Suey	260
Bread Stick	160
Grilled Hot Dog/bun	225/130
Broccoli Cheese Quiche	260
*Spinach	25

Wednesday, January 31st

Corn Chowder	161
Chicken Noodle	70
Meatloaf and Gravy	315
Stuffed Shell (1)	290
Bread Stick	160
Mashed Potato	80
Carrots	25

Thursday, February 1st

Theme Day Pre Super Bowl

Friday, February 2nd

Chefs Choice	
Fish Sandwich	200/120
Macaroni and Cheese	410
Garlic Potato wedges	259
Green Beans	25

Saturday, February 3rd

Vegetable Soup	90
Chili	259
Grilled Hot Dog/Bun	162/120
Corn	80

HAPPY NEW YEAR!

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