

SPRINGFIELD HOSPITAL CAFETERIA & DINER

August 2018 (Menu is subject to change.)

LOOK for the items in Bold!**Bold means the food listed
is vegetarian!****Monday, September 3**

BBQ Chicken	245
Grilled Hot Dog/Bun	225/130
Vegetarian Chili	327
Baked Potato	80
Corn	80

Tuesday, September 4th

Cream of Broccoli Soup	143
Philly Steak w Onions and Peppers	210/120
Macaroni and Cheese	410
Potato Puffs	120
Peas	80

Wednesday, September 5th

Corn Chowder	161
Roast Pork and Gravy	264
Hamburger/Bun	225/120
Garden Burger/Bun	150/120
Rice	80
Spinach	25

Thursday, September 6th

Vegetable Soup	90
Baked Stuffed Chicken and Gravy	270/150
Broccoli Cheese Quiche	360
Mashed Potato	80
Brussel Sprouts	25

Friday, September 7th

Chefs Choice	
Chicken Pot Pie/Biscuit	162/172
Vegetable Stuffed Pepper	290
Carrots	25

Saturday, September 8th

Tomato Soup	175
Grilled Ham and Cheese	340
Beef Stew and Biscuit	225/172
Green Beans	25

Monday, September 10th

Hamburger Soup	90
Scalloped Potato and Ham	370
Homemade Pizza	
Beets	

Tuesday, September 11th

Cream of Broccoli Soup	143
Taco Salad	
W Hamburger	270
W Turkey Burger	135
Parmesan Spinach Cake	141
Carrots	25

Wednesday, September 12th

Corn Chowder	161
Chicken Patty/Bun	220/120
Mushroom Lasagna	360
Bread Stick	160
Garlic Potato Wedges	259
Corn	80

Thursday, September 13th

Theme Day

Friday, September 14th

Chefs Choice	
Salmon with Creamy Dill Sauce	234
Vegetarian Lentil Casserole	468
Rice	80
Green Beans	25

Saturday, September 15th

Chicken Pot Pie/biscuit	162/172
Pizza (cheese and supreme)	460/530
Corn	80

Monday, September 17th

Clam Chowder	150
Scalloped Potato and Ham	370
Quesadilla Bar	
Chicken	261
Bean and Cheese	335
Peas	80

Tuesday, September 18th

Cream of Broccoli soup	143
Vegetable Soup	60
Grilled Turkey, Bacon and Cheese	541
Stuffed Cabbage	298
Mushroom Casserole	616
Garlic Potato Wedges	259
Spinach	25

Wednesday, September 19th

Corn Chowder	161
Chicken Parmesan	310
Bread Stick	160
Grilled Hot Dog/Bun	225/130
Vegetarian Rice and Bean Casserole	446
Pasta	80
Broccoli	25

Thursday, September 20th

Tomato Soup	175
Apple-Cranberry Pork	350
Hamburger/Bun	225/120
Garden burger/Bun	150/120
Rice	80
Brussel Sprouts	25

Friday, September 21st

Chefs Choice	
Crunchy Baked Cod	162
Pasta Primavera	300
Baked Potato	25
Carrots	25

Saturday, September 22nd

Tomato Soup	175
Grilled Cheese	250
American Chop Suey	260
Bread Stick	160
Potato Puffs	120
Peas	80

Monday, September 24th

Minestrone Soup	141=
Chicken Cordon Bleu	230
Broccoli and Roasted Red Pepper Quiche	360
Rice	
Beets	25

Tuesday, September 25th

Cream of Broccoli Soup	143
Taco Salad	
W Hamburger	270
W Turkey Burger	172
Spinach and Black Bean Burrito	213
Spinach	25

Wednesday, September 26th

Corn Chowder	161
Spaghetti and Meatballs	
Spaghetti (1 cup)	160
Sauce (1/2 cup)	90
Meatballs (6)	230
Italian Sausage w Onions and Peppers	400/140
Carrots	25

Thursday, September 27th

Cream of Tomato Soup	175
Chicken Florentine	254
Grinders made to order	
Rice	80
Green Beans	25

Friday, September 28th

Fish chowder	115
Meatloaf and Gravy	315
Stuffed Shell (1)	200
Bread Stick	160
Mashed Potato	80
Broccoli	25

Saturday, September 29th

Cream of Tomato Soup	175
BLT	405
Macaroni and Cheese	410
Mixed Vegetables	25

Monday, October 1st

Hamburger Soup	90
Pasta Bar	
Caesar Salad	
Garlic Bread	

Tuesday, October 2nd

Cream of Broccoli	143
Chicken Pot Pie/Biscuit	162/172
Vegetarian Stuffed Egg Plant	186
Brussels Sprouts	25

Wednesday, October 3rd

Corn Chowder	161
Pork Loin w Apple ginger Sauce	210
Hamburger/Bun	225/120
Garden Burger/Bun	150/120
Roasted red Potatoes	80
Corn	80

Thursday, October 4th

Theme Day

Friday, October 5th

Chef's Choice	
Fish Sandwich	200/120
Spinach and Feta Quiche	179
Potato Puffs	120
Rice	80
Carrots	25

Saturday, October 6th

Spaghetti and Meatballs	
Spaghetti (1cup)	160
Sauce (1/2 cup)	90
Meatballs (6)	230
Bread Stick	160
Clam Roll	217/120
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