

SPRINGFIELD HOSPITAL CAFETERIA & DINER

November 2018 (Menu is subject to change.)

LOOK for the items in Bold!

Bold means the food listed is vegetarian!

Monday, November 5th	Calories
Italian Bean soup with Kale	278
Beef Barley Soup	80
Baked Stuffed Chicken and Gravy	270/150
Vegetable Roll (2)	160
Mashed Potato	80
Carrots	25

Tuesday, November 6th	
Cream of Broccoli Soup	143
Chicken Rice Soup	80
Philly Steak w Onions and Peppers	210/120
Macaroni and Cheese	410
Potato Puffs	120
Peas	80

Wednesday, November 7th	
Corn Chowder	161
Vegetable Soup	90
Roast Pork and Gravy	345
Hamburger/Bun	225/120
Garden Burger/Bun	150/120
Mashed Sweet Potato	80
Spinach	25

Thursday, November 8th	
Cream of Tomato Soup	175
Grinders Made to Order	
Sweet and Sour Pork	80
Brown Rice	80
Brussel Sprouts	25

Friday, November 9th	
Chefs Choice	
Chicken Pot Pie/Biscuit	162/172
Stir Fry rainbow peppers, eggplant and tofu over brown rice	239
Carrots	25

Saturday, November 10th	
Tomato Soup	175
Grilled Ham and Cheese	340
Beef Stew and Biscuit	225/172
Green Beans	25

Monday, November 12th	
Vegan Autumn Squash Soup	220
Meatless Monday	

Tuesday, November 13th	
Cream of Broccoli Soup	143
Vegetable Soup	90
Black Bean, Cheddar and Veggie Wrap	256
Pork Loin with Marsala Sauce	332
Roasted Red Potatoes	80
Carrots	25

Wednesday, November 14th	
Corn Chowder	161
Beef Barley Soup	80
Chicken Patty/Bun	220/120
Mushroom Lasagna	360
Bread Stick	160
Garlic Potato Wedges	259
Corn	80

Thursday, November 15th	
Hamburger Soup	90
Split Pea and Ham soup	180
Taco Salad	
W Hamburger	270
W Turkey Burger	135
W Refried Beans	135
Grilled Ham, Swiss cheese, sliced apple and maple balsamic glaze	495
Broccoli	25

Friday, November 16th	
Chefs Choice	
Salmon with Creamy Dill Sauce	234
Vegetarian Lentil Bake	468
Rice	80
Green Beans	25

Saturday, November 17th	
Chicken Pot Pie/biscuit	162/172
Pizza (cheese and supreme)	460/530
Corn	80

Monday, November 19th	
Vegetarian Bean and Barley soup	228
Chicken Rice Soup	70
Scalloped Potato and Ham	370
Quesadilla Bar	
Chicken	261
Bean and Cheese	335
Peas	80

Tuesday, November 20th	
Cream of Broccoli soup	143
Vegetable Soup	60
Meatloaf and Gravy	315
Pizza (Cheese or Supreme)	460/530
Mashed Potato	80
Spinach	25

Wednesday, November 21st	
Corn Chowder	161
Chicken Parmesan	310
Bread Stick	160
Vegetarian Rice and Bean Casserole	446
Pasta	80
Broccoli	25

Thursday, November 22nd	
Thanksgiving Day	
Turkey, dressing and gravy	
Baked Ham	
Mashed Potato	
Green Beans	
Tossed salad, rolls and assorted desserts	

Friday, November 23rd	
Chefs Choice	
Clam Roll	260/120
Macaroni and Cheese	410
Potato Puffs	120
Carrots	25

Saturday, November 24th	
Tomato Soup	175
Grilled Cheese	250
American Chop Suey	260
Bread Stick	160
Peas	80

Monday, November 26th	
Vegan Minestrone Soup	141
Split Pea and Ham Soup	80
Chicken Cordon Bleu	230
Broccoli and Roasted Red Pepper Quiche	360
Rice	
Beets	25

Tuesday, November 27th	
Cream of Broccoli Soup	143
Chicken Noodle	
Taco Salad	
W Hamburger	270
W Turkey Burger	172
Spinach and Black Bean Burrito	213
Spinach	25

Wednesday, November 28th	
Corn Chowder	161
Vegetable Soup	90
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, November 29th	
French Onion Soup	70
Cream of Tomato Soup	175
Chicken Florentine	254
Hearty Lentil and Root Vegetable Stew	164
Biscuit	172
Rice	80
Green Beans	25

Friday, November 30th	
Fish chowder	115
Meatloaf and Gravy	315
Stuffed Shell (1)	200
Bread Stick	160
Mashed Potato	80
Broccoli	25

Saturday, December 1st	
Cream of Tomato Soup	175
BLT	405
Macaroni and Cheese	410
Mixed Vegetables	25

Monday, December 3rd	
Hamburger Soup	90
Split Pea and Ham soup	80
Pasta Bar	
Caesar Salad	
Garlic Bread	

Tuesday, December 4th	
Cream of Broccoli	143
Vegetable Soup	90
Chicken Pot Pie/Biscuit	162/172
Vegetarian Stuffed Eggplant	186
Brussels Sprouts	25

Wednesday, December 5th	
Corn Chowder	161
Chicken Rice Soup	80
Pork Loin w Apple ginger Sauce	210
Hamburger/Bun	225/120
Garden Burger/Bun	150/120
Roasted red Potatoes	80
Corn	80

Thursday, December 6th	
Mardia Gras Soup	322
Chicken Noodle soup	80
Grilled Monte Cristo	400
Vegetarian Lasagna	397
Bread Stick	120
Broccoli	25

Friday, December 7th	
Chef's Choice	
Fish Sandwich	200/120
Vegetarian Shepherds Pie	
Potato Puffs	120
Carrots	25

Saturday, December 8th	
Spaghetti and Meatballs	
Spaghetti (1 cup)	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