


A Sample of a February 2019 Weekly Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>
House Salad	Cottage Cheese & Fruit Salad	Oriental Noodle Salad	Wedge Salad	House Salad	Sliced Strawberry <i>with</i> Yogurt	House Salad
Turkey Tips or Pot Roast or Stuffed Sole	Marinated Chicken Breast or Salisbury Steak or Cranberry Glazed Pork Loin	Beef Stir Fry or Sautéed Garlic & Herb Shrimp or Chicken Parmesan <i>with</i> Linguini	London Broil or Chicken Cacciatore or Baked Pollack	Chicken Quarters or Oven Baked Pork Chop or Stuffed Shells	Baked Haddock Au Gratin or Chicken Lasagna <i>with</i> Garlic Bread or Beef Short Ribs	Honey Glazed Pork or Ranch Chicken or Macaroni & Cheese
Broccoli or Wax Beans	Peas & Pearl Onions or Carrots	Butternut Squash or Beets	Carrots or Broccoli	Peas & Onions or Sautéed Spinach	Brussels Sprouts or Corn	Green Beans or Sautéed Mushrooms
Whipped Sweet Potato	Mashed Potato	Wild Rice	Roasted Potatoes	Mashed Potatoes	Baked Potato	White Rice
German Chocolate Cake	 Birthday Dessert	Brownie a la Mode	Ice Cream	Devil's Food Cake <i>with</i> Butter Cream Frosting	Blueberry Shortcake	Fruit of the Forest Pie
<i>Dinner</i>	<i>Supper</i>	<i>Supper</i>	<i>Supper</i>	<i>Supper</i>	<i>Supper</i>	<i>Supper</i>
Beef Veggie Soup	Chicken Wild Rice Soup	Cream Cauliflower Soup	French Onion Soup	Minestrone Soup	Italian Wedding Soup	Seafood Chowder
Stuffed Peppers or Turkey & Swiss on Rye or  <i>Chef's Choice</i>	Hamburger or Cream Cheese & Olive Sandwich or <i>Chef's Choice</i>	Chili Con Carne <i>with</i> Corn Bread or Baked Western Omelet <i>with</i> Cheese or <i>Chef's Choice</i>	Asparagus & Bacon Quiche or Roast Beef on a Roll <i>with</i> Horseradish Mayo or <i>Chef's Choice</i>	Lasagna or Grilled Cheese & Tomato Sandwich or <i>Chef's Choice</i>	French Dip Roast Beef Sandwich or Chicken Salad Sandwich or <i>Chef's Choice</i>	Chicken Cutlet Sandwich or Franks and Beans on a Grilled Roll or <i>Chef's Choice</i>
 3 Bean Salad	Pasta Salad	Carrot & Raisin Salad	Cucumber Salad	Fresh Fruit	Mandarin Oranges	Fruit Cocktail
Dessert Buffet	Chocolate Chip Cookies	Fresh Fruit	White Cake <i>with</i> Frosting	Chocolate Éclair	Jell-O Cake	Gingerbread <i>with</i> Whipped Cream

To Order a Meal Tray, please call 753-9100 Ext 3107 Menu Reviewed & Approved by Concord Hospital Dietary Services