

WEEKLY MENU

Mary Free Bed[®]
Kitchen & Café

| | MON | TUES | WED | THURS | FRI |
|----------|---|--|-------------------------------------|--|---|
| THE OVEN | Tortellini Alfredo with Chicken & Asparagus | Penne & Sausage Pomodoro Bake | Creamy Buffalo Chicken Pasta | Spaghetti & Meat Sauce | Veggie Lasagna |
| SOUP | Chunky Turkey Chili + Chicken Noodle | Mushroom Barley + Chicken Noodle | Potato Chowder ♥ + Chicken Noodle | Tomato Florentine + Chicken Noodle | Homemade Garden Veggie ♥ + Chicken Noodle |
| CARVE | Rotisserie Chicken + Cheesy Rice Casserole | Chipotle Turkey Roast + Cauliflower Whip | Feta Stuffed Pork Loin + Rice Pilaf | Grilled Beef Tips + Roasted Summer Squash Medley | Potato Crusted Salmon + Asparagus |
| GRILL | Roasted Veggie & Gouda Grilled Cheese ♥ | Homestyle Hamburger | Veggie Burger on Wheat Bun ♥ | Chicken Tenders | Turkey Burger on Wheat Bun |
| DELI | Roasted Veggie Wrap | Pulled Chimichurri Chicken | Ham, Turkey, & Cheese | Roasted Veggie Wrap | Chef's Choice Sandwich |

♥ Heart Healthy

OPEN 7 DAYS A WEEK

Breakfast: 7-9:30 a.m. | Lunch: 11 a.m.-2:00 p.m.

2,000 calories a day is used for general nutrition advice, but calorie needs vary.