

WEEKLY MENU

Mary Free Bed[®]
Kitchen & Café

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	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	Dill Potato + Chicken Noodle	Chicken Corn Chowder + Chicken Noodle	Italian Wedding + Chicken Noodle	Barley Vegetable + Chicken Noodle	Chicken Tortilla + Chicken Noodle
CARVE	Meatloaf + Mashed Potatoes	Latin Pork Shoulder + Mexican Corn	Kielbasa Sausage + Pierogies	Chicken Broccoli + Noodles	Fish Tacos + Spanish Rice
GRILL	Roasted Veggie & Gouda Grilled Cheese	Homestyle Hamburger	Veggie Burger on Wheat Bun	Chicken Tenders	Turkey Burger on Wheat Bun
DELI	Corned Beef Sandwich	Roast Beef and Bacon	Curry Chicken Salad	BBQ Pork	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.