

# WEEKLY MENU

Mary Free Bed<sup>®</sup>  
Kitchen & Café

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	MON	TUES	WED	THURS	FRI
THE OVEN	Tortellini Alfredo with Chicken & Asparagus	Onion, Pepper, & Sausage Calzone	Ham and Cheese Calzone	Meat Lovers Calzone	Chefs Choice
SOUP	Dill Potato + Chicken Noodle	Chicken Corn Chowder + Chicken Noodle	Italian Wedding + Chicken Noodle	Barley Vegetable + Chicken Noodle	Chicken Tortilla + Chicken Noodle
CARVE	Seasoned Chicken + Roasted Red Potatoes	Build your own Tacos	Spinach Stuffed Pork loin + Roasted Red Potatoes	Pulled Pork + Cheesy Potato Casserole	Potato Encrusted Salmon + Cauliflower Mash
GRILL	Roasted Veggie & Gouda Grilled Cheese	Homestyle Hamburger	Veggie Burger on Wheat Bun	Chicken Tenders	Turkey Burger on Wheat Bun
DELI	Marinated Chicken and Mozzarella	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.