



West Jefferson
Medical Center

JULY 16-22, 2018

Breakfast: 6:30-9:30am • Lunch: 11am-2pm • Dinner: 5-7pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
ENTRÉE Red Beans and Sausage Vietnamese Pork	ENTRÉE Eggplant Parmesan Buffalo Wings	ENTRÉE Southern Fried Chicken White Beans	ENTRÉE Honey BBQ Turkey Kung Pao Chicken
SIDES White Rice Ginger Green Beans Garlic Broccoli Mashed Potatoes	SIDES Spaghetti Marinara Green Peas Fried Rice Steamed Broccoli	SIDES White Rice Seasoned Corn Collard Greens Red Potatoes	SIDES Bacon Green Beans Roasted Carrots Mac and Cheese Basmati Rice
SOUP Broccoli Cheddar Clam Chowder	SOUP Broccoli Cheddar Minestrone	SOUP Broccoli Cheddar Chicken Tortilla	SOUP Broccoli Cheddar Italian Wedding

FRIDAY	SATURDAY	SUNDAY
ENTRÉE Fried Fish Chicken Teriyaki	ENTRÉE Lemon Salmon BBQ Turkey	ENTRÉE Fried Fish Roasted Pork Chop
SIDES White Rice Sautéed Blend Zucchini and Kale Red Potatoes	SIDES Stir Fry Veggies Roasted Carrots Parsley Potatoes Rice Pilaf	SIDES Broccoli and Kale Succotash Herb Roasted Potatoes Jasmine Rice
SOUP Broccoli Cheddar Gumbo	SOUP Broccoli Cheddar	SOUP Broccoli Cheddar