




West Jefferson
Medical Center

JAN 7 – JAN 13, 2019

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
ENTRÉE Red Beans Sausage Country Style Meatloaf	ENTRÉE Spaghetti & Meatsauce Beef Taco Totchos	ENTRÉE White Beans Sausage Fried Chicken	ENTRÉE Carne Asada Pork Loin Shrimp Stew
SIDES Garlic Roasted Broccoli Seasoned Cauliflower White Rice Roasted Potatoes	SIDES Cob Corn Carrots Garlic Toast Spaghetti	SIDES Garlic Roasted Veggies Green Peas White Rice Macaroni & Cheese	SIDES Spicy Collards Southwestern Corn Mashed Potatoes White Rice
SOUP Shrimp & Corn Italian Wedding	SOUP Shrimp & Corn Chicken Noodle	SOUP Shrimp & Corn Chicken Tortilla	SOUP Shrimp & Corn Clam Chowder

**Tuesday @
Lunch**

Chick-Fil-A

FRIDAY	SATURDAY	SUNDAY
ENTRÉE Fried Fish Gumbo Stuffed Bell Pepper	ENTRÉE Asian Pork Chop Chipotle Orange Chicken	ENTRÉE Turkey & Gravy Baked Ham
SIDES Veggie Medley Bacon/Onion Green Beans Macaroni & Cheese White Rice	SIDES Garlic Broccoli Cauliflower Confetti Brown Rice Mashed Potatoes	SIDES Green Peas Seasoned Spinach Macaroni & Cheese Mashed Sweet Potatoes
SOUP Shrimp & Corn Gumbo	SOUP Shrimp & Corn	SOUP Shrimp & Corn

Thursday

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Breakfast

**Seafood
Omelets**