



MCMH + Clinics Cafeteria

WEEK THREE MENU

	Lunch	Supper
Monday	Café: Chicken Strips Hot Beef Sandwich, Garlic & Herb Butter Cod Mashed Potatoes/Gravy, Mac and Cheese Green Beans, Roasted Carrots	
Tuesday	Café: Beef Taco Salads Honey Garlic Chicken, Jerk Pork w/Mango Salsa Roasted Baby Bakers, Yellow Rice Asparagus, Cauliflower	
Wednesday	Café: Chicken Lettuce Wraps General Tso Shrimp, Sausage Cannelloni White Rice, Garlic Bread Teriyaki Green Beans, Catalina Blend	
Thursday	Ranch Hand BBQ Melt & Onion Rings Ham Steak, Tortellini & Spinach Alfredo (V) Hash Brown Casserole, Breadstick Roasted Corn & Peppers, Broccoli Florets	
Friday	Café: Build Your own Burger Bar & Curly Fries Roasted Chicken, Herb Crusted Haddock Roasted Red Potatoes, Garlic Butter Orzo Grilled Vegetables, Cauliflower Gratin	
Saturday	Beef Stroganoff, Chicken Cordon Bleu Butter Noodles, Au Gratin Potatoes Zucchini, Carrots	
Sunday	Roast Turkey, BBQ Pork Cutlet Mashed Potatoes & Gravy, Sweet Fries Green Bean Casserole, Corn	