



## Watch for Wellness and You! Menu Solutions...

...good food that tastes great  
is your reason for  
eating healthy!

Wellness entrées and salad recipes  
were developed by our regional  
and national chefs and dietitians.

Better By Design  
means healthier cuisine...

### Hours

Monday - Friday  
7: 00 AM-9:00 AM  
11:00 AM-2:00 PM

### Managers

Director  
Anita Loher x3157

Manager  
Renee Jordan x 3474

### Dietitian

x3234



# Roseland Hospital

Week of Monday March 1

## Monday

Soup:	Potato & Corn Chowder 🥕🥕	.70Sm/.90Lg
Grill:	Reuben	3.00
Entree:	Baked Chicken & Southern Fried Chicken	3.00
	Macaroni & Cheese	1.20 Sm/2.20Lg
	Collard Greens & Black-Eyed Peas 🥕🥕	.80
	Candied Sweet Potatoes 🥕🥕	.80
	Southern Cornbread	.40
Dessert:	Peach Cobbler 🍑	1.40

## Tuesday

Soup:	Chicken & Dumplings	.70Sm/.90Lg
Grill:	Reuben	3.00
Entree:	Shepard Pie	3.00
	Broiled Trout	4.00
	Broccoli & Roasted Walnuts 🥕	.80
	Carrots 🥕	.80
	Wild Rice Pilaf 🥕	.80
	Corn Muffins 🍞	.40

## Wednesday

Soup:	Minestrone 🥕🥕	.70SM/.90LG
Grill:	Basil BLT Angus Burger	3.20
Entree:	Roast Beef	3.00
	Meat Lover's & Cheese Pizza	2.90-Meat/2.5
	Green Beans 🥕🥕	.80
	Succotash 🥕🥕	.80
	Mashed Potatoes & Gravy 🍑	.80
	Corn Muffins 🍞	.40

## Thursday

Soup:	Italian Wedding	.70Sm/.90Lg
Grill:	Basil BLT Angus Burger	3.20
Entree:	Smoked Sausage	2.90
	Cheese Ravioli with Marinara 🥕	3.00
	Steamed Fresh Spinach 🥕🥕	.80
	Roasted Button Mushrooms 🥕	.80
	Red Beans & Rice 🍑	1.60
Dessert:	Banana Cream Pie	1.10

## Friday

Soup:	Chili con Carne	1.00 Sm/1.2
Grill:	Chili Cheese Hot Dog & Steak Fries	4.20
Entree:	Seafood Platter	3.20
	Eggplant Parmesan 🥕	3.00
	Italian Vegetable Blend 🥕🥕	.80
	Rice & Gravy 🥕🥕	.80
	Cole Slaw 🥕	.40
Dessert:	Ice Cream Sundae 🥕	1.40

🥕 Vegetarian   🥕 Vegan   🍑 Wellness   🍷 Wellness(Low Sodium)