



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 8

Monday

Soup:	Tuscany Minestrone	.70 Sm/.90Lg
Grill:	Caesar Grilled Chicken Breast Sandwich	3.20
Entree:	Beef Liver with Onions	3.20
	Herb Crunch Chicken Breast 🍌	3.00
	Broccoli & Cauliflower 🍌🍌	.80
	Sliced Beets 🍌🍌	.80
	Whipped Potatoes & Gravy 🍌🍌	.80
	Southern Cornbread	.40

Tuesday

Soup:	Vegetable Beef Barley	.70Sm/.90Lg
Grill:	Caesar Grilled Chicken Breast Sandwich	3.20
Entree:	Norwegian-Style Oven Roasted Salmon	3.20
	Huli Huli Chicken	3.00
	Whole Green Beans 🍌🍌	.80
	Roasted Corn on the Cob 🍌	.80
	Rice & Gravy 🍌🍌	.80
Dessert:	Warm Brownie with Ice Cream 🍌	1.40

Wednesday

Soup:	Chili con Carne	1.00 Sm/1.2
Grill:	Buffalo Bacon Angus Burger	3.20
Entree:	Roast Turkey	3.00
	Pasta Fantastica 🍌🍌	3.00
	Crinkle Cut Carrots 🍌🍌	.80
	Steamed Fresh Spinach 🍌🍌	.80
	Baked Sweet Potato 🍌🍌	.80
	Corn Muffins 🍌	.40

Thursday

Soup:	Split Pea with Ham 🍌	.70Sm/.90Lg
Grill:	Buffalo Bacon Angus Burger	3.20
Entree:	BBQ or Baked Chicken Wings	.40 each
	Classique Nicoise Salad w/Tuna Steak 🍌	3.50
	Peas & Carrots 🍌🍌	.80
	Vegetarian Red Beans & Rice 🍌	1.60
	Corn Muffins 🍌	.40
Dessert:	Peach Cobbler 🍌	1.40

Friday

Soup:	Cream of Chicken	.70Sm/.90Lg
Grill:	Deluxe Grilled Cheese on Texas Toast	3.20
Entree:	Whole Fried Catfish Fillet	3.20
	Spaghetti & Meat Sauce	1.10Sm/2.20Lg
	Capri Mixed Vegetables 🍌🍌	.80
	Cole Slaw 🍌	.40
Dessert:	Ice Cream Sundae 🍌	1.40

🍌 Vegetarian 🍌 Vegan 🍌 Wellness 🍌 Wellness(Low Sodium)