

Cafe @ HEART & SURGICAL
HOSPITAL

Monday, October 14, 2019			
Market Entrée	Alfredo Shrimp / 520 cal		\$4.59
Market Entrée	Roasted Herb Chicken / 670cal		\$2.69
Market Sides	Roasted Fingerling Potatoes /120cal	Baby Carrots & Broccoli / 40cal	1.09/ea
		Green Beans with Lemon & Almonds / 90cal	
Sliced	Steak Poblano & Jack Wrap / 830cal		\$4.79
Grillery	Chicken & Avocado Lettuce Cup / 350cal		\$4.29
Mosaic	Ramen Bowl / 710cal		\$5.99
Soup	Chicken Noodle / 140cal	cup	\$1.49
		bowl	\$2.29
Tuesday, October 15, 2019			
Market Entrée	Cerveza Roast Pork Loin / 490cal		\$3.29
Market Entrée	Citrus Marinated Salmon / 240cal		\$5.39
Market Sides	Roasted Reds / 120cal	Mexican Creamed Corn /270cal	1.09/ea
	Mexican Green Rice /140cal	Green Beans with Lemon & Almonds / 90cal	
Sliced	Chicken wrap / 350cal		\$4.29
Grillery	Alamo Burger / 840cal		\$5.19
Mosaic	Ramen Bowl / 710cal		\$5.99
Soup	Loaded Potato / 267cal	cup	\$1.49
		bowl	\$2.29
Wednesday, October 16, 2019			
Market Entrée	Latin Flank Steak / 250cal		\$4.39
Market Entrée	Moroccan Chicken /320cal		\$3.59
Market Sides	Mashed Potatoes with Roasted Garlic / 210cal	Multi Bean Corn & Tomato Relish / 110cal	1.09/ea
	Spanish Rice	Green Beans with Lemon & Almonds / 90cal	
Sliced	Steak Poblano & Jack Wrap / 830cal		\$4.79
Grillery	Chicken & Avocado Lettuce Cup / 350cal		\$4.29
Mosaic	Ramen Bowl / 710cal		\$5.99
Soup	Chili / 129cal	cup	\$1.49
		bowl	\$2.29
Thursday, October 17, 2019			
Market Entrée	Cajun Pork Outlet /300cal		\$3.19
Market Entrée	Herb Roasted Turkey /190cal		\$3.89
es	Roasted Fingerling Potatoes / 120cal	Corn & Edamame Succotash / 150cal	1.09/ea
	Mashed Potatoes with Roasted Garlic & Herbs / 210cal	Green Beans with Lemon & Almonds / 90cal	
Sliced	Chicken wrap / 350cal		\$4.29
Grillery	Alamo Burger / 840cal		\$5.19
Mosaic	Ramen Bowl / 710cal		\$5.99
Soup	Corned Beef and Cabbage / 80cal		\$1.49
			\$2.29
Friday, October 18, 2019			
Market Entrée	Beer Battered Cod / 720 cal		\$4.19
Market Entrée	Gingered Flank Steak / 210cal		\$4.49
es	ginger/ garlic rice / 150cal	Roasted tomatoes / 20cal	1.09/ea
	oven baked fries / 110cal	Green Beans with Lemon & Almonds / 90cal	
Sliced	Steak Poblano & Jack Wrap / 830cal		\$4.79
Grillery	Chicken & Avocado Lettuce Cup / 350cal		\$4.29
Mosaic	Ramen Bowl / 710cal		\$5.99
Soup	Clam Chowder / 93cal	cup	\$1.49
		bowl	\$2.29
Saturday, October 19, 2019			
Market Entrée	Thai BBQ Chicken Breast / 240cal		\$3.29
es	Steamed Jasmine Rice / 120cal	Green Beans with Lemon & Almonds / 90cal	1.09/ea
Grillery	chicken wrap / 350cal		\$4.29
Soup	LaVina's Cabbage Soup / 120cal	cup	\$1.49
		bowl	\$2.29
Sunday, October 20, 2019			
Market Entrée	Beef Marsala / 450cal		\$4.49
es	Buttered Noodles / 250cal	Glazed Carrots with Orange & Dill / 90cal	1.09/ea
Grillery	Greek Chicken Souvlaki with Pita / 590cal		\$5.29