


**FRESNO  
@ HEART & SURGICAL  
HOSPITAL**
**Monday, January 11, 2021**

<b>Market Entrée</b>	Herb Roasted Turkey / 230cal	Turkey breast seasoned with garlic, honey and soy sauce	\$2.89
<b>Market Entrée</b>	Grilled Tri Tip/310 cal	Grilled and slow roasted Tri Tip/ 310 cal	\$3.59
<b>Market Sides</b>	Mashed Potatoes / 120cal	Green bean and butternut squash/90	1.09/ea
	Quinoa Pilaf / 130cal	Steamed Carrots / 35cal	
<b>Sliced</b>	Hawaiian Ham hoggie roll / 600cal	Toasted hoggie roll with ham, swiss cheese, and a pineapple relish	\$3.59
<b>Grillery</b>	Turkey Burger with Cheddar and avocado / 760cal	Grilled turkey patty topped with avocado and melted cheddar cheese	\$6.39
<b>Soup</b>	Mushroom & Barley Soup / 100cal		cup \$2.09
			bowl \$2.79

**Tuesday, January 12, 2021**

<b>Market Entrée</b>	Lasagna / 390cal	Italian style lasagna with three cheese blend, and basil ground beef	\$3.99
<b>Market Entrée</b>	Grilled Chicken Bruchetta/320	Grilled chicken with a rough style bruchetta sauce	
<b>Market Sides</b>	Garlic Cheese Bread	Green bean	1.09/ea
	Garlic cheese herb mash potato	Squash melody	
<b>Sliced</b>	Hawaiian Ham hoggie roll / 600cal	Toasted hoggie roll with ham, swiss cheese, and a pineapple relish	\$3.59
<b>Grillery</b>	Black Jack Burger / 630cal	Cajun seasoned hamburger patty topped with melted pepper jack cheese & roasted jalapeno mayonnaise	\$4.59
<b>Soup</b>	Pozole		cup \$2.09
			bowl \$2.79

**Wednesday, January 13, 2021**

<b>Market Entrée</b>	Piccatta chicken/470cal	Grilled Chicken with a fresh lemon caper cream sauce	\$5.19
<b>Market Entrée</b>	Rigatoni with Italian Sausage & Vegetables / 780cal	Rigatoni pasta tossed with Italian sausage and oven roasted assorted vegetables	\$3.59
<b>Market Sides</b>	Penne Pasta/ 80cal	Braised Swiss Chard / 100	1.09/ea
	Rice Pilaf/ 120cal	Steamed Carrots / 35cal	
<b>Sliced</b>	Hawaiian Ham hoggie roll / 600cal	Toasted hoggie roll with ham, swiss cheese, and a pineapple relish	\$3.59
<b>Grillery</b>	Turkey Burger with Cheddar and avocado / 760cal	Grilled turkey patty topped with avocado and melted cheddar cheese	\$6.39
<b>Soup</b>	Creamy Tortalini Soup/ 160cal		cup \$2.09
			bowl \$2.79

**Thursday, January 14, 2021**

<b>Market Entrée</b>	Espresso-Chili Braised Beef / 430cal	Slow roasted seasoned beef with espresso & chilies	\$3.89
<b>Market Entrée</b>	Roasted Chicken Quarters/270	Chicken sautéed with garlic, onions, herbs simmered in chicken stock	\$2.99
<b>Market Sides</b>	Cumin Potato Hash / 110cal	Herbed Corn Sauté / 190cal	1.09/ea
	Quinoa Pilaf / 130cal	Steamed Carrots / 35cal	
<b>Sliced</b>	Hawaiian Ham hoggie roll / 600cal	Toasted hoggie roll with ham, swiss cheese, and a pineapple relish	\$3.59
<b>Grillery</b>	Black Jack Burger / 630cal	Cajun seasoned hamburger patty topped with melted pepper jack cheese & roasted jalapeno mayonnaise	\$4.59
<b>Soup</b>	Corn and Chorizo Chowder / 267cal		\$2.09
			\$2.79

**Friday, January 15, 2021**

<b>Market Entrée</b>	Roasted Cajun salmon/250cal	Slow roasted salmon with cajun spices, and lemon chili burr blanc	\$4.79
<b>Market Entrée</b>	BBQ Beef Ribs/ 280cal	Grilled and smoked BBQ Ribs	\$4.59
<b>Market Sides</b>	Roasted rosemary red potato/ 160cal	Roasted Asparagus / 70cal	1.09/ea
	Quinoa Pilaf / 130cal	Steamed Carrots / 35cal	
<b>Sliced</b>	Hawaiian Ham hoggie roll / 600cal	Toasted hoggie roll with ham, swiss cheese, and a pineapple relish	\$3.59
<b>Grillery</b>	Turkey Burger with Cheddar and avocado / 760cal	Grilled turkey patty topped with avocado and melted cheddar cheese	\$6.39
<b>Soup</b>	New England Seafood Chowder / 427cal		cup \$2.09
			bowl \$2.79

**Saturday, January 16, 2021**

<b>Market Entrée</b>	Turkey Meatloaf with Mushrooms and Crispy Onions / 290cal	Homemade meatloaf with turkey, mushrooms, and fresh herbs garnished with crispy fried onions	\$3.49
	Smashed Red Potatoes / 210cal	Roasted Corn & Black Bean / 120cal	1.09/ea
<b>Grillery</b>	Black Jack Burger / 630cal	Cajun seasoned hamburger patty topped with melted pepper jack cheese & roasted jalapeno mayonnaise	\$4.59
<b>Soup</b>	Black Eye Peas & Ham / 220cal		cup \$2.09
			bowl \$2.79

**Sunday, January 17, 2021**

<b>Market Entrée</b>	Gingered Flank Steak / 210cal	Choice flank steak marinated with ginger, honey & spices	\$4.59
	Quinoa Pilaf / 130cal	Broccoli with Citrus Butter / 190cal	1.09/ea
<b>Grillery</b>	Black Jack Burger / 630cal	Cajun Seasoned hamburger patty topped with melted pepper jack cheese & roa:	\$4.59