



FRESNO
@ HEART & SURGICAL
HOSPITAL

Monday, January 11, 2021

Market Entrée	Chicken Stir Fry / 250cal	Chicken thigh marinated and grilled with a soy based glaze	\$2.99
Market Sides	Steamed Jasmine Rice / 120cal	Sauteed Snap Peas and Cashews / 60cal	1.09/ea
Sliced	Hawaiian Ham hoggie roll / 600cal	Toasted hoggie roll with ham, swiss cheese, and a pineapple relish	\$3.59
Grillery	Turkey Burger with Cheddar and avocado / 760cal	Grilled turkey patty topped with avocado and melted cheddar cheese	\$6.39

Tuesday, January 12, 2021

Market Entrée	Beef Barbacoa Tacos / 480cal	Shredded beef cooked in a red chili sauce, served with chopped cabbage, onion, and cilantro. Served with a corn tortilla	\$4.19
Market Sides	Spanish Rice / 160cal	Refried Beans / 270cal	1.09/ea
Sliced	Hawaiian Ham hoggie roll / 600cal	Toasted hoggie roll with ham, swiss cheese, and a pineapple relish	\$3.59
Grillery	Black Jack Burger / 630cal	Cajun seasoned hamburger patty topped with melted pepper jack cheese & roasted jalapeno mayonnaise	\$4.59

Wednesday, January 13, 2021

Market Entrée	Shrimp Alfredo / 300cal	Grilled to order shrimp, served with an Alfredo sauce	\$2.99
Your choice to add-	Pesto Sauce / 80cal	Puttanesca-430cal	
Market Sides	Fettucini Noodles / 310cal	Sauteed Zucchini / 60cal	1.09/ea
Sliced	Hawaiian Ham hoggie roll / 600cal	Toasted hoggie roll with ham, swiss cheese, and a pineapple relish	\$3.59
Grillery	Turkey Burger with Cheddar and avocado / 760cal	Grilled turkey patty topped with avocado and melted cheddar cheese	\$6.39

Thursday, January 14, 2021

Market Entrée	Rosemary Garlic Sous Vide Steak/ 290cal	Sir loin steak cooked in a sous vide method with rosemary, and garlic	\$4.99
Market Sides	Baked Potato with Fixings / 300cal	Roasted Aparagus / 70cal	1.09/ea
Sliced	Hawaiian Ham hoggie roll / 600cal	Toasted hoggie roll with ham, swiss cheese, and a pineapple relish	\$3.59
Grillery	Black Jack Burger / 630cal	Cajun seasoned hamburger patty topped with melted pepper jack cheese & roasted jalapeno mayonnaise	\$4.59

Friday, January 15, 2021

Market Entrée	Greek Chicken Gyro Sandwich / 550cal	Greek chicken with pita, lettuce, tomato, red onion, cucumber, and taziki sauce	\$3.59
Market Sides	Rice Pilaf / 110cal	Grilled Eggplant / 110cal	1.09/ea
Sliced	Hawaiian Ham hoggie roll / 600cal	Toasted hoggie roll with ham, swiss cheese, and a pineapple relish	\$3.59
Grillery	Turkey Burger with Cheddar and avocado / 760cal	Grilled turkey patty topped with avocado and melted cheddar cheese	\$6.39

Saturday, January 16, 2021

Closed for evenings

Sunday, January 17, 2021

Closed for evenings