


**FRESNO
@ HEART & SURGICAL
HOSPITAL**

Monday, October 7, 2019			
Market Entrée	BBQ Roasted Grilled Chicken/710cal		\$4.39
Market Entrée	Roasted Herb Tri Tip		\$3.59
Market Sides	Mash Potato/ 210cal	Herbed Corn / 160cal	1.09/ea
	Steamed Rice/ 120cal	Green Beans with Caramelized Red Onions/ 45 cal	
Sliced	Hawaiian Ham hoggie roll / 600cal		\$3.59
Grillery	Turkey Burger with Cheddar and avocado / 760cal		\$6.39
Mosaic	Greek Gyro Beef / 810cal		\$6.59
	Beetroot & Butternut Squash Bowl / 670cal		\$5.59
Soup	Chicken Noodle Soup	cup	\$1.49
		bowl	\$2.29
Tuesday, October 8, 2019			
Market Entrée	Mediteranian Chicken with Tziki sauce/ 430cal		\$3.39
Market Entrée	Beef Shwarma/ 890		\$4.99
Market Sides	Rice Pilaf/ 110cal	Squash Melody/ 70cal	1.09/ea
	Naan Bread/ 230cal	Corn and Quinoa salad / 140cal	
Sliced	Hawaiian Ham hoggie roll / 600cal		\$3.59
Grillery	Black Jack Burger / 630cal		\$4.59
Mosaic	Greek Gyro Beef / 810cal		\$6.59
	Beetroot & Butternut Squash Bowl / 670cal		\$5.59
Soup	Creamy Sweet Potato/ 193cal	cup	\$1.49
		bowl	\$2.29
Wednesday, October 9, 2019			
Market Entrée	New York Steak with caramelized onion and sliced mushroom/ 380cal		\$4.99
Market Entrée	Roasted Halved Cornish Game Hen/450cal		\$3.19
Market Sides	Roasted Garlic Basil Cous Cous/ 140cal	Roasted Asperagus/ 70cal	1.09/ea
	Baked Potato/ 220cal	Ratatouille/ 60cal	
Sliced	Hawaiian Ham hoggie roll / 600cal		\$3.59
Grillery	Turkey Burger with Cheddar and avocado / 760cal		\$6.39
Mosaic	Greek Gyro Beef / 810cal		\$6.59
	Beetroot & Butternut Squash Bowl / 670cal		\$5.59
Soup	Chili / 129cal	cup	\$1.49
		bowl	\$2.29
Thursday, October 10, 2019			
Market Entrée	Jerk Chicken with Mango relish/ 350cal		\$3.59
Market Entrée	Spiced Flank Steak with a chimichuri rub/ 270cal		\$3.39
et Sides	Yucca Fries/ 310cal	Fried Okra / 70cal	1.09/ea
	Coconut Rice / 240cal	Collard Greens/ 130cal	
Sliced	Hawaiian Ham hoggie roll / 600cal		\$3.59
Grillery	Black Jack Burger / 630cal		\$4.59
Mosaic	Greek Gyro Beef / 810cal		\$6.59
	Beetroot & Butternut Squash Bowl / 670cal		\$5.59
Soup	Split Pea with Ham / 273cal		\$1.49
			\$2.29
Friday, October 11, 2019			
Market Entrée	Salmon En Croute/ 970cal		\$5.99
Market Entrée	Herb Smoked Airline Chicken Breast / 180cal		\$3.99
et Sides	Rice Pilaf/ 110cal	Green Beans with Caramelized Red Onions/ 45 cal	1.09/ea
	Quinoa with Dried Fruit/ 140cal	Roasted Cauliflower/ 60cal	
Sliced	Hawaiian Ham hoggie roll / 600cal		\$3.59
Grillery	Turkey Burger with Cheddar and avocado / 760cal		\$6.39
Mosaic	Greek Gyro Beef / 810cal		\$6.59
	Beetroot & Butternut Squash Bowl / 670cal		\$5.59
Soup	New England Seafood Chowder / 427cal	cup	\$1.49
		bowl	\$2.29
Saturday, October 12, 2019			
Market Entrée	Tuscan Grilled Pork Chop / 280cal		\$3.19
et Sides	Roasted Red Potatoes/ 90cal	Broccoli/ 20cal	1.09/ea
Grillery	Black Jack Burger / 630cal		\$4.59
Soup	Jerk Turkey, Pork & White Bean Chili / 306cal	cup	\$1.49
		bowl	\$2.29
Sunday, October 13, 2019			
Market Entrée	Chipotle Turkey Meatloaf/ 360cal		\$3.99
et Sides	Yukon gold Mash Potato/ 90cal	Roasted Cauliflower with Red Bell Peppers/ 30cal	1.09/ea
Grillery	Turkey Burger with Cheddar and avocado / 760cal		\$6.39