

# Dauterive Hospital

The Right Care. Right Here.

BREAKFAST: 7am-9am LUNCH: 11am-1:30pm



Items are the Heart Healthy/ Lower Calorie Meal Choices for the Day!!

May 14-20, 2012

## Monday

♥ <b>Charbroiled Porckchop</b>	\$2.49	200 Cals	♥ <b>Mashed Potatoes</b>	75 Cals	\$0.99
Country Fried Steak	\$2.49	416 Cals	♥ <b>Macaroni &amp; Cheese</b>	230 Cals	\$0.99
Steak Gyro	\$2.99	302 Cals	♥ <b>Garden Blend Veg</b>	45 Cals	\$0.99
Gourmet Pub Burger	\$2.99	550 Cals	♥ <b>Corn Nuggets</b>	273 Cals	\$0.99
Gourmet Salad	\$4.99		♥ <b>Soup Du Jour</b>	200 Cals	\$1.89

## Tuesday

Stuffed Bellpepper	\$2.49	340 Cals	♥ <b>Yellow Rice</b>	335Cals	\$0.99
♥ <b>Chicken Cordon Bleu</b>	\$2.49	300 Cals	♥ <b>Cajun Red Potatoes</b>	216 Cals	\$0.99
Steak Gyro	\$2.99	302 Cals	♥ <b>Oriental Blend Veg.</b>	45 Cals	\$0.99
Gourmet Pub Burger	\$2.99	550 cals	♥ <b>Green Beans</b>	45 Cals	\$0.99
Gourmet Salad	\$4.99		♥ <b>Soup Du Jour</b>	150 Cals	\$1.89

## Wednesday

♥ <b>Mango Chicken</b>	\$2.49	280 Cals	♥ <b>Vegetable Pasta</b>	110 Each	\$0.99
♥ <b>Orange Glazed Salmon</b>	\$3.75	350 Cals	♥ <b>Scalloped Potatoes</b>	240 Cals	\$0.99
Crab/Fish Burger	\$2.99	302 Cals	♥ <b>Carrots</b>	45 Cals	\$0.99
Gourmet Pub Burger	\$2.99	550 cals	♥ <b>Bahamas Blend Veg.</b>	45 Cals	\$0.99
Gourmet Salad	\$4.99		♥ <b>Soup Du Jour</b>	287 Cals	\$1.89

## Thursday

♥ <b>Healthy Shepherds Pie</b>	\$2.49	331 cals	♥ <b>Steamed Rice</b>	110 Cals	\$0.99
♥ Turkey Salisbury Steak	\$2.49	320 Cals	♥ <b>Loaded Mashed Potatc</b>	146 Cals	\$0.99
Steak Gyro	\$2.99	302 Cals	♥ <b>Francois Blend Veg.</b>	45 Cals	\$0.99
Gourmet Pub Burger	\$2.99	550 Cals	♥ <b>Seasoned Corn</b>	45 Cals	\$0.99
Gourmet Salad	\$4.99		♥ <b>Soup Du Jour</b>	267 cals	\$1.89

## Friday

Fried Fish	\$2.49	450 Cals	♥ <b>Red &amp; Green Rice</b>	260 Cals	\$0.99
♥ <b>Hamburger Steak</b>	\$2.49	350 Cals	♥ <b>Mashed Potatoes</b>	75 Cals	\$0.99
Crab/Fish Burger	\$2.99	302 Cals	♥ <b>Manhattan Blend Veg.</b>	60 Cals	\$0.99
Gourmet Pub Burger	\$2.99	550 cals	♥ <b>Seasoned Squash</b>	45 Cals	\$0.99
Gourmet Salad	\$4.99		♥ <b>Soup Du Jour</b>		\$1.89

## Saturday

Chicken Stew	\$2.69	314 Cals	♥ <b>Steamed Rice</b>	110 Cals	\$0.99
Meatloaf	\$2.69	340 Cals	♥ <b>Sweet peas</b>		
White Beans	\$0.99	203 Cals			
Charbroiled Burger	\$2.99	420 Cals			

## Sunday

Chicken Fry Steak	\$3.19	290 Cals	♥ <b>Mixed Veg.</b>	45 Cals	\$0.99
Stuffed Crabs	\$2.99	190 Cals	♥ <b>Corn on the Cob</b>	155 Cals	
Carrot Souffle	\$0.99	80 Cals			
♥ <b>Mashed Potatoes</b>	\$0.99	75 Cals			

Menu subject to change