

# Cafeteria Menu August 2016



Tri-City Medical Center

ADVANCED HEALTH CARE FOR YOU

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

August Summer Special

All Ice Cream

Bars & Pints

25 Cents Off

1 Buttermilk Baked Half Chicken  
Mashed Potatoes & Gravy  
Cut Green Beans  
Cheese Stuffed Shells with Marinara Garlic Bread  
♥Oven Browned Cod Fish  
Jasmine Rice  
Split Pea & Ham Soup  
Oriental Bar

2 Beef Short Ribs  
Red Skin Mashed Potatoes  
Beef Gravy  
California Mix Vegetables  
Ranch Style Chicken  
Rice Pilaf  
♥Lemon Herb Trout  
Beef & Barley Soup  
Hot Dog & Chicken Brat Bar

3 Beef Stroganoff  
Bow tie Pasta  
Fresh Asparagus  
Chicken California  
Supreme Sauce  
Wild Rice  
♥Tilapia Topped with Spinach & Cheese Pizza  
Ham & Lima Bean Soup  
Shrimp Cocktail Bar

4 Thai Pasta & Shrimp  
Oriental Skirt Steak  
♥Lemon Teriyaki Chicken  
With Pineapple  
Vegetable Egg Rolls  
Sweet & Sour Sauce  
Fried Rice  
Sugar Snap Peas  
Corn-On-The-Cob  
Chicken Rice Soup  
Chili & Corn Bread Bar

5 ♥Avocado Soy Salmon  
Jasmine Rice  
Fresh Broccoli  
♥Italian Pork Tenderloin  
Mashed Potatoes & Gravy  
♥Jamaican Chicken with Papaya  
Italian Sausage Soup  
Italian Pasta Bar

6 Homemade Lasagna  
Meat Sauce  
Garlic Bread  
♥Chicken Cacciatore  
Wild Rice  
Mexican Chicken Soup  
Chic ken Wing Bar

7 Tri Tip Beef  
Mashed Potatoes  
Beef Gravy  
California Mix Vegetables  
♥Oven Browned Tilapia  
Garden Wild Rice  
Chicken Tortilla Soup  
Taco & Chicken Fajita Bar

8 Carved Pork Roast  
Mashed Potatoes & Gravy  
Carrot Slims  
Peas  
♥Chicken with Spinach & Feta  
Rice Pilaf  
Chili Lime Tilapia  
Steak & Vegetable Soup  
Oriental Bar

9 Surf & Turf Special  
Carved Filet Mignon  
Roasted Herb Potatoes  
Fresh Asparagus  
Tempura Shrimp  
Dipping Sauce  
Jasmine Rice  
♥Calypso Chicken  
Asparagus & Chicken Soup  
Hot Dog & Chicken Brat Bar

10 Molasses Flank Steak  
Scalloped Potatoes  
Fresh Broccoli  
Mexican Oven Baked Half Chicken  
Mashed Potatoes & Gravy  
♥Oven Browned Orange Roughy Pizza  
Wild Rice  
Tomato Florentine Soup  
Shrimp Cocktail Bar

11 Carne Asada Ranchera  
Chicken Taquitos  
Tamales with Chili  
Chili Rellenos  
Spanish Sauce  
Spanish Rice  
Refried Beans  
Corn-On-The-Cob  
Pork & Barley Soup  
Chili & Corn Bread Bar

12 ♥Salmon with Chipotle Cream Sauce  
Rice Pilaf  
Fresh Zucchini  
Masala Pork Chops  
Mashed Potatoes & Gravy  
♥Chicken Picante  
Clam Chowder  
Italian Pasta Bar

13 Carved Honey Ham  
Dijon Sauce  
Fresh Yams  
Cut Green Beans  
♥Lemon Herb Chicken  
Rice Pilaf  
Pizza  
Chicken Noodle Soup  
Chicken Wing Bar

14 Coffee Marinated Beef  
Short Ribs  
Red Skin Mashed Potatoes  
Beef Gravy  
♥Salmon Seattle  
Garden Wild Rice  
Chicken Tortilla Soup  
Taco & Chicken Fajita Bar

15 Eye Of Round Beef  
Mashed Potatoes & Gravy  
Whole Green Beans  
♥Lemon Herb Chicken  
Rice Pilaf  
♥Oven Browned Sea Bass  
Corn  
Sausage & Lentil Soup  
Oriental Bar

16 The Carving Station  
Angus Top Round Beef  
Maplewood Smoked Ham  
Roast Turkey  
Glazed Corned Beef  
Whole Wheat Ciabatta  
Potato Medley  
♥Tilapia with Mango Papaya  
Louisiana Gumbo  
Hot Dog & Chicken Brat Bar

17 ♥Salmon & Fettuccine  
Alfredo  
California Mix Vegetables  
Smoked beef Brisket  
Mashed Potatoes & Gravy  
♥Chicken with Wild Mushrooms & Balsamic Vinegar  
Pizza  
Wisconsin Cheddar Soup  
Shrimp Cocktail Bar

18 Surf & Turf Special  
Rib Eye cab Steaks  
Fingerling Potatoes  
Fresh Broccoli  
Red Hook Ale Shrimp  
♥Chicken with 40 Cloves of Garlic  
Corn-On-The-Cob  
Minestrone Soup  
Chili & Corn Bread Bar

19 Barramundi Fish with Pine Nuts & Parmesan  
Garden Wild Rice  
Fresh Asparagus  
♥Chipotle Pork Tenderloin  
Au Gratin Potatoes  
♥Mustard & Thyme Grilled Chicken  
Chicken Tortilla Soup  
Italian Pasta Bar

20 Surf & Turf Special  
Carved Filet Mignon  
Au Jus/Horseradish  
Roasted Herb Potatoes  
Fresh Asparagus  
Shrimp with Chipotle Cream Sauce  
Jasmine Rice  
Beef Barley Soup  
Chicken Wing Bar

21 Molasses Flank Steak  
Au Gratin Potatoes  
Fresh Broccoli  
Ranch Chicken Breast  
Garden Wild Rice  
Corn  
Chicken Vegetable Soup  
Taco & Chicken Fajita Bar

22 ♥Roast Turkey  
Mashed Potatoes & Gravy  
Bread Dressing  
Cut Green Beans  
Pork Chops Masala  
Pork Gravy  
♥Oven Browned Tilapia  
Chicken Noodle Soup  
Oriental Bar

23 Carved Tri Tip Beef  
Red Skin Mashed Potatoes  
Carrot Slims Peas  
♥Chicken with Avocado Corn Salsa  
Garden Wild Rice  
Halibut with Hollandaise  
Lentil & Kielbasa  
Stew  
Hot Dog & Chicken Brat Bar

24 Three Piece Honey Stung  
Fried Chicken  
Mashed Potatoes & Gravy  
Mixed Vegetables  
Swedish Meatballs  
♥Trout Almandine  
Rice Pilaf  
Pizza  
Mauri's Posole  
Shrimp Cocktail Bar

25 Fire Braised St Louis Ribs with Jalapeno Peach Glaze  
Scalloped Potatoes  
Fresh Asparagus  
♥Chicken Vera Cruz  
Saffron Cilantro Rice  
Pecan Crusted Tilapia  
Corn-On-The-Cob  
Chicken barley Soup  
Chili & Corn Bread Bar

26 ♥Salmon & Apricot Glaze  
Jasmine Rice  
Whole Green Beans  
Chillied Flank Steak  
Mashed Potatoes & Gravy  
♥Chicken with Cumin & Guacamole  
Bacon & Chicken Chowder  
Italian Pasta Bar

27 Oriental Baby Back Ribs  
♥Lemon Teriyaki Chicken with Pineapple  
Vegetable Egg Rolls  
Sweet & Sour Sauce  
Fried Rice  
Oriental Vegetables  
Chicken Rice Soup  
Chicken Wing Bar

28 Three Piece Honey Stung  
Fried Chicken  
Mashed Potatoes & Gravy  
Mixed Vegetables  
♥Oven Browned Cod Fish  
Rice Pilaf  
Pizza  
Corn Chowder  
Taco & Chicken Fajita Bar

29 Surf & Turf Special  
Carved Prime Rib  
Au Jus/Horseradish  
Twice Baked Potato  
Fresh Asparagus  
Shrimp & Chipotle Cream Sauce  
Saffron Cilantro Rice  
♥Chicken Scaloppini  
Chicken Lentil Soup  
Oriental Bar

30 Carved Top Round Beef  
Red Skin Mashed Potatoes  
Beef Gravy  
California Mix Vegetables  
♥Chicken Masala  
Rice Pilaf  
♥Oven Browned Barramundi  
Turkey Rice Soup  
Hot Dog & Chicken Brat Bar

31 Spaghetti & Meat Sauce  
Marinara Sauce  
Italian Vegetables  
♥Chicken with Sage & Creminis  
Wild Rice  
♥Oven Browned Red Snapper  
Pizza  
Cream of Mushroom & Wild Rice Soup  
Shrimp Cocktail Bar

Cafeteria Hours  
Breakfast  
6:00am – 10:00am  
Lunch & Dinner  
11:00am – 6:30pm  
Night Shift  
6:30pm – 1:30am

♥♥♥  
Heart Healthy Specials

Wednesday, August 3  
Monthly Recipe Highlight  
**CHINESE SALAD**  
By Arleen McCartney