

Cafeteria Menu June 2016



Tri-City Medical Center

ADVANCED HEALTH CARE
FOR YOU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><u>Friday, June 10</u> TCMC 2016 EMPLOYEE PICNIC 11:00AM – 2:00PM BHU Parking Lot 11:00pm – 1:00am Cafeteria</p>	<p>♥♥♥ Heart Healthy Specials</p> 	<p>Wednesday, June 8 <u>Monthly Recipe Highlight</u> Pork Carnitas Quesadilla On The Grill By Carole Vance</p>	<p>1 Beef Short Ribs with Mushrooms & Onion Red Skin Mashed Potatoes Beef Gravy/Corn Whole Green Beans Ranch Chicken Rice Pilaf ♥Lemon Herb Trout Pizza Split Pea & Ham Soup Shrimp Cocktail Bar</p>	<p>2 Kung Pao Shrimp Oriental Skirt Steak ♥Lemon Teriyaki Chicken with Pineapple Veggie Egg Rolls Fried Rice Sugar Snap Peas Beef Barley Soup Chili & Cornbread Bar</p>	<p>3 ♥Avocado Soy Salmon Jasmine Rice Oriental Vegetables ♥Italian Style Pork Tenderloin Mashed Potatoes & Gravy Chicken with Chipotle Cream Sauce Italian Sausage Soup Pulled Pork Bar</p>	<p>4 Molasses Flank Steak Scalloped Potatoes Whole Green Beans Ranch Chicken Garden Wild Rice Mexican Chicken Soup Hamburger Bar Pizza</p>
<p>5 Homemade Lasagna Meat Sauce Garlic Bread Fresh Broccoli ♥Chicken Cacciatore Rice Pilaf Chicken Lentil Soup Chicken Breast Bar</p>	<p>6 Buttermilk Baked ½ Chicken Mashed Potatoes & Gravy Mixed Vegetables Cheese Stuffed Shells Garlic Bread ♥Oven Browned Orange Roughly Ham & Lima Bean Soup Taco & Chicken Fajita Bar</p>	<p>7 <u>SURF & TURF SPECIAL</u> Carved Filet Mignon Scalloped Potatoes Fresh Asparagus Tempura Shrimp Rice Pilaf ♥Chicken with Olive Oil Steak & Vegetable Soup Chicken Osso Bucco Bar</p>	<p>8 Stuffed Cornish Game Hens With Orange Sauce Wild Rice Italian Vegetables/Pizza Chipotle Marinated Pork Tenderloin Mashed Potatoes & Gravy ♥Oven Browned Barramundi Fish Chicken Rice Soup Shrimp Cocktail Bar</p>	<p>9 Carved Roast Pork Mashed Potatoes & Gravy Whole Green Beans Chicken California Garden Wild Rice ♥Chili Lime Tilapia Peas Tomato Florentine Soup Chili & Cornbread Bar</p>	<p>10 TCMC EMPLOYEE PICNIC! Carne Asada Ranchera Chicken Fajitas Spanish Rice & Beans Nachos & Cheese Veggie Burgers Fiesta Salad Strawberries & Pineapple Helado Fruit Bars</p>	<p>11 Tri Tip Beef Red Skin Mashed Potatoes Beef Gravy California Vegetables ♥Oven Browned Tilapia Rice Pilaf Chicken Noodle Soup Hamburger Bar</p>
<p>12 Carved Honey Ham Dijon Sauce Fresh Yams Cut Green Beans ♥Lemon Herb Chicken Wild Rice Chicken Tortilla Soup Chicken Breast Bar</p>	<p>13 Baked Meatloaf Red Skin Mashed Potatoes Fresh Asparagus ♥Lemon Herb Chicken Rice Pilaf ♥Oven Browned Cod Corn Sausage Lentil Soup Taco & Chicken Fajita Bar</p>	<p>14 Pasta Neptune with Shrimp, Crab, & Scallops California Vegetables Eye of Round Beef Mashed Potatoes Beef Gravy ♥Calypso Chicken Wild Rice Louisiana Gumbo Chicken Osso Bucco Bar</p>	<p>15 <u>THE CARVING STATION</u> Marinated Flank Steak Roast Turkey Glazed Corned Beef Honey Ham Potato Medley/ Pickle Spear ♥Mustard & Thyme Grilled Chicken Steamed Rice/Carrot Slims Pizza Pork & Barley Soup Shrimp Cocktail Bar</p>	<p>16 <u>SURF & TURF SPECIAL</u> Rib Eye Cab Steaks with Mushrooms & Onion Roasted Herb Potatoes Fresh Broccoli Red Hook Ale Shrimp Cocktail Sauce Garden Wild Rice ♥Chicken with 40 Cloves of Garlic Minestrone Soup Chili & Cornbread Bar</p>	<p>17 Salmon with Chipotle Cream Sauce Rice Pilaf Whole Green Beans Mauri's Albondigas Austin Blues Smoked Beef Brisket Mashed Potatoes & Gravy ♥Chicken with Cumin & Guacamole Clam Chowder Pulled Pork Bar</p>	<p>18 Coffee Marinated Beef Short Ribs Mashed Potatoes Beef Gravy California Vegetables ♥Salmon Seattle Wild Rice Beef Barley Soup Hamburger Bar</p>
<p>19 <u>FATHER'S DAY</u> <u>SURF & TURF SPECIAL</u> Carved Filet Mignon Roasted Herb Potatoes Fresh Asparagus Tempura Shrimp Rice Pilaf Corn Chowder Chicken Breast Bar</p>	<p>20 <u>FIRST DAY OF SUMMER</u> ♥Roast Turkey Mashed Potatoes & Gravy California Vegetables ♥Chicken with Spinach Rice Pilaf ♥Oven Browned Sea Bass Wisconsin Cheddar Soup Taco & Chicken Fajita Bar</p>	<p>21 Tri Tip Beef Red Skin Mashed Potatoes Fresh Broccoli/Beef Gravy ♥Southwestern Chicken Wild Rice Barramundi Fish with Pinenuts & Parmesan Lentil & Kielbasa Stew Chicken Osso Bucco Bar</p>	<p>22 ♥Salmon with Fettuccini Alfredo Cut Green Beans ♥Jamaican Jerk Pork Tenderloin Mashed Potatoes & Gravy ♥Chicken with Avocado Corn Salsa Jasmine Rice/Pizza Mauri's Posole Shrimp Cocktail Bar</p>	<p>23 Huli Huli St. Louis Style Pork Ribs Fingerling Potatoes Fresh Asparagus ♥Chicken Vera Cruz Saffron Cilantro Rice ♥Trout Almondine Corn Turkey Rice Soup Chili & Cornbread Bar</p>	<p>24 ♥Salmon with Apricot Glaze Wild Rice Fresh Zucchini Yellow Squash Chilled Flank Steak Au Gratin Potatoes ♥Chicken with Wild Mushrooms & Balsamic Vinegar Bacon & Chicken Chowder Pulled Pork Bar</p>	<p>25 Oriental Baby Back Ribs ♥Lemon Teriyaki Chicken Vegetable Egg Rolls Sweet & Sour Sauce Fried Rice Oriental Vegetables Chicken Rice Soup Hamburger Bar</p>
<p>26 3 Piece Honey Stung Fried Chicken Mashed Potatoes & Gravy Mixed Vegetables ♥Oven Browned Cod Rice Pilaf Pizza Chicken Vegetable Soup Chicken Breast Bar</p>	<p>27 <u>SURF & TURF SPECIAL</u> Carved Prime Rib Twice Baked Potato Fresh Asparagus Shrimp with Chipotle Cream Sauce Wild Rice ♥Chicken Scalopine Chicken Lentil Soup Taco & Chicken Fajita Bar</p>	<p>28 Spaghetti with Meat or Marinara Sauce Garlic Bread Italian Vegetables ♥Chicken Picante Jasmine Rice Pecan Crusted Tilapia Peas Beef Stew Chicken Osso Bucco Bar</p>	<p>29 Beef Stroganoff Rotelle Pasta Fresh Broccoli ♥Lemon Herb Chicken Garden Wild Rice ♥Lemon Cilantro Halibut Homemade Macaroni & Cheese Pizza Mediterranean Vegetarian Soup Shrimp Cocktail Bar</p>	<p>30 Mexican Oven Fried Chicken Mashed Potatoes Country Gravy Cut Green Beans Pork Chops Marsala ♥Oven Browned Tilapia Corn Chicken Tortilla Soup Chili & Cornbread Bar</p>	<p>Cafeteria Hours Breakfast 6:00am – 10:00am Lunch & Dinner 11:00am – 6:30pm Night Shift 6:30pm – 1:30am</p>	