

WEEK 3

BAYNE-JONES ARMY COMMUNITY HOSPITAL

BREAKFAST: Scrambled Egg Substitute, Scrambled Eggs, Hard Boiled Eggs, French Toast, Waffles, Hash Browns, Creamed Beef, Bacon, Turkey Sausage Patty, Sausage Links, Assorted Cold Cereal, Oatmeal, Grits, Biscuits, Whole Wheat Toast, White Toast, Assorted Danishes, Yogurt, 100% Fruit Juice, Skim Milk, 1% Milk, Fat-free Chocolate Milk, Whole Milk, Fat-Free Cottage Cheese, Fresh-Cut Fruit, Whole Wheat English Muffins, White English Muffin, Assorted Bagels, Cream Cheese, Light Cream Cheese, Peanut Butter, Jam/Jelly

**Items are offered on rotation based on availability*

	Monday	Tuesday	Wednesday	Thursday	Friday
Sandwich of the Day	Chicken Pesto Wrap	Club Wrap	Chipolte Turkey Wrap		Chicken Caesar Wrap
Soup of the Day	Chicken Tortilla Soup	Chicken & Rice Soup	Beef Vegetable Soup	Calico Bean Soup	Vegetarian Veg Soup
	Sweet and Sour Pork	Beef Stroganoff	Roast Turkey	Beef Enchiladas	Fried & Creole Catfish
	YankeePot Roast	BBQ Chicken	Mustard Dill Talapia	Chicken Fajita	BBQ Beef
	Steamed White Rice	Buttered Noodles	Mashed Potatoes	Mexican Rice	Macaroni & Cheese
	Mashed Potatoes	Roasted Red Potatoes	Cornbread Dressing	Brown Rice	Hopping John
	Mixed Vegetables	Steamed Broccoli	Mixed Vegetables	Spanish Corn	Peas and Carrots
	Fried Cabbage w/Bacon	Oriental Vegetables	Steamed Carrots	Refried Beans	Fried Okra
	Cornbread	Dinner Rolls	Dinner Rolls	Dinner Rolls	Corn Bread

Specilty Bar of the Day	Potato Bar	Nacho/Taco Bar	Ruben Sandwich	Sandwich Bar	Wing Bar
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DINING FACILITY HOURS

Breakfast 0630 – 0900
Lunch 1100 – 1300

GO FOR GREEN
EAT OFTEN
EAT OCCASIONALLY
EAT RARELY

ANYA M. ASHLEY, SSG, USA
NCOIC, Nutrition Care Division

MENU SUBJECT TO CHANGE WITHOUT NOTICE

**Items are offered on rotation based on availability*