Mon Health℠
Preston Memorial Hospital
150 Memorial Drive Kingwood, WV 26537

Now Open for Lunch from 11:30am-1:30pm

Cafeteria Menu

Week 8

* Denotes Healthier Choice

Calories noted in red.

Lunch 11:30-1:30

January 1, 2018		January 2, 2018		January 3, 2018		January 4, 2018		January 5, 2018	
Monday		**Tuesday**		**Wednesday**		**Thursday**		**Friday**	
Happy New Year!		Spaghetti/½ cup 110	$1.50	Stuffed Cabbage Rolls	$ 1.75	Chargrilled Chicken Salad		Batter Dipped Fish/210	$1.60
Pork Loin/275	$ 1.70	Lasagna/166	$1.75	Duchess Potatoes/ ½ cup 144	$ 0.70	Small/511 w/fries,egg che	$2.35	Garden Rice-½ cup/100	$0.70
Sauerkraut	$ 0.70	2 Shells	$1.15	PEI Vegetables*/½ cup-25	$ 0.60	Large/1023 w/ fries, egg, che	$3.60	Peas & Onions */81	$0.60
Black Eyed Peas	$ 0.60	1 serving of each w/ sauce	$3.25			salad- without fries, cheese		Potato Soup LF-12oz/255	$0.85
Whipped Potatoes */85	$ 0.70	Bread Sticks/ 140 ea	$0.40			or egg */337 large	$3.25	Peanut Butter Sandwich	$0.80
Spinach */40	$ 0.60	w/Sauce (3)-½ cup/70	$1.30			Mushroom Swiss Burger/438	$1.85	White/260 Wheat/230	
Desserts	$ 0.95	Broccoli Soup-low fat, low sodium*/1	$0.85						

Dinner 5:15-6:00

Monday		Tuesday		Wednesday		Thursday		Friday	
Happy New Year!		Open Faced Turkey Sandwich	$1.90	Chef Salad		Beef Tomato Macaroni		Tomato Soup *90	$0.85
Pork Loin/275	$ 1.70	White/228		Small/307	$ 2.00	Small-½ cup/128	$0.80	Grilled Cheese Sandwich	$1.00
Sauerkraut	$ 0.70	Wheat/208		Large/403	$ 2.50	Large-1 cup/256	$1.50	White/280	
Black Eyed Peas	$ 0.60	Whipped Potatoes */85	$0.70	Mushroom Swiss Burger/438	$ 1.85	Winter Blend *1 cup/30	$0.60	Wheat/250	
Whipped Potatoes */85	$ 0.70	Carrots */35	$0.60			Garlic Bread/230	$0.40		
Spinach */40	$ 0.60								
Desserts	$ 0.95								