Mon Health
Preston Memorial Hospital

150 Memorial Drive Kingwood, WV 26537

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

Cafeteria Menu

Week 10

* Healthier Choice
Calories in red

Lunch 11:30-1:30

January 15, 2018		January 16, 2018		January 17, 2018		January 18, 2018		January 19, 2018	
Monday		**Tuesday**		**Wednesday**		**Thursday**		**Friday**	
Lasagna/166	$1.75	Meat Loaf /235	$1.60	Parmesan Baked Pork* /247	$ 1.75	Open Face Turkey Sandwich *	$ 1.25	Chicken Noodle Casserole	
Winter Blend */ 1 cup 30	$0.60	Whipped Potatoes */85	$0.70	Mashed Potatoes/85	$ 0.70	White/228 Wheat/208		Small/110	$ 0.85
Garlic Bread/150	$0.50	Brussel Sprouts / ½ cup- 19	$0.60	California Blend Vegs */83	$ 0.60	Chicken Sticks -5/230	$ 0.50	Large/219	$ 1.60
Tuna Salad Sandwich	$1.25	Tomato Rice Soup/180	$0.85	Cream of Chicken Soup /110	$ 0.85	Coleslaw/41	$ 0.70	Grilled Cheese Sandwich	$ 1.00
White/310		Chicken Salad Sandwich	$1.50	French Bread Pizza /360	$ 1.50	Green Beans/20	$ 0.60	White/280	
Wheat/280		Wheat /335						Wheat/250	
Tuna Salad Croissant/350	$1.50	White/365						Tomato Soup */90	$ 0.85

Dinner 5:15-6:00

Monday		Tuesday		Wednesday		Thursday		Friday	
Baked Chicken */286	$1.60	Beef Stroganoff- ½ cup /179	$1.40	Chicken Cacciatore/228	$ 1.70	Baked Potatoes */161	$ 0.90	Chargrilled Chicken	
O'Brien Potatoes/79	$0.70	w/Noodles/+110	$1.70	w/Spaghetti/+110	$ 2.00	w/Cheese/40	$ 1.35	Strip Hoagie/300	$ 2.25
Mixed Vegetables */59	$0.60	Noodles/110-½ cup	$0.60	Italian Bread/142	$ 0.50	w/Broccoli/40	$ 1.35	w/ Chips/210-230	$ 2.40
		Peas & Carrots */38	$0.60	Italian Vegetables */30	$ 0.60	w/Cheese & Broccoli/80	$ 1.90	Curly Fries/410	$ 0.90
						Chili/250	$ 1.50	Vegetable Soup */189	$ 0.85