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

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

Cafeteria Menu

Week 9

* HEALTHIER CHOICE
Calories noted in red.

Lunch 11:30-1:30

January 8, 2018		January 9, 2018		January 10, 2018		January 11, 2018		January 12, 2018	
Monday		**Tuesday**		**Wednesday**		**Thursday**		**Friday**	
Chicken Dressing Casserole		Baked Potatoes */161	$ 0.90	Stuffed Green Peppers/161	$ 1.60	Breaded Baked Pollock/350	$ 1.70	Pork Loin/275	$ 1.60
Small	$ 1.00	w/Cheese/40	$ 1.25	Whipped Potatoes */85	$ 0.70	Tuscany Vegetable*/80	$ 0.60	Au Gratin Potatoes/161-½ cup	$ 0.70
Large	$ 2.00	w/Broccoli */40	$ 1.25	California Blend */83	$ 0.60	Apple Cinn. Brown Rice*211	$ 0.70	Harvard Beets/90	$ 0.70
Loaded Whipped Potatoes	$ 0.80	w/Cheese & Broccoli/80	$ 1.75			Chicken Nuggets	$ 0.35	Chicken Salad Stuff Tom./149	$ 2.00
Green Beans/20	$ 0.60	Chili/250	$ 1.50			6/327 -bbq/9-hm/133-ss/27	$ 1.90	Chicken Salad Sandwich	$ 1.25
Bacon Cheeseburger/550	$ 1.95	Chicken Sticks-5/230	$ 0.45			Potato Bacon Chowder/277	$ 1.00	White/384	
						Peanut Butter Sandwich	$ 0.80	Wheat/354	
						White/260 Wheat/230			

Dinner 5:15-6:00

Monday		Tuesday		Wednesday		Thursday		Friday	
Chargrilled Chicken Salad		BBQ Pork Sandwich/346	$ 1.60	BLT Sandwich	$ 1.50	Chicken Fillet/325	$ 1.70	Chargrilled Salisbury Steak/170	$ 1.50
Small/511 w/che, egg,	$ 2.35	Macaroni & Cheese		White/3 bacon/350		Chicken Fillet Sandwich	$ 1.90	w/Gravy /214	
Large/1023w/che, egg,	$ 3.60	Small/210	$ 0.70	Wheat/3 bacon/320		White/465			
Salad no cheese or egg	$ 3.25	Large/420	$ 1.40	Ham & Potato Chowder/327	$ 0.85	Wheat/435		Steak Fries/365	$ 0.90
*/337 Large, Fries add 315	$ 3.25					Bun/445		Brussel Sprouts /½ cup -19	$ 0.65
Tomato Soup/90	$ 0.85					Peas & Carrots/38	$ 0.60	Cook's Feature Soup *	$ 0.85
Grilled Cheese Sandwich	$ 1.00					Whipped Potatoes*/85	$ 0.70	Sandwich *	$ 1.25
Wheat/250 White/280									