Mon Health SM
Preston Memorial Hospital

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

150 Memorial Drive Kingwood, WV 26537

Cafeteria Menu

Week 8

* Denotes Healthier Choice

Calories noted in red.

Lunch 11:30-1:30

July 17, 2017		July 18, 2017		July 19, 2017		July 20, 2017		July 21, 2017	
Monday		**Tuesday**		**Wednesday**		**Thursday**		**Friday**	
Baked Chicken*/286	$1.70	Spaghetti, Lasagna, Shells	$2.50	Stuffed Cabbage Rolls	$ 1.75	Chargrilled Chicken Salad		Batter Dipped Fish/210	$1.60
Whipped Potatoes */85	$0.70	1 serving of each w/ sauce		Dutchess Potatoes	$ 0.70	Small/511 w/fries,egg che	$2.35	Garden Rice-½ cup/100	$0.70
Mixed Vegetables */59	$0.60	Winter Blend-1 cup/30	$0.60	PEI Vegetables	$ 0.60	Large/1023 w/ fries, egg, che	$3.60	Peas & Onions */81	$0.60
		Bread Sticks/ 140 ea	$0.40			salad- without fries, cheese		Potato Soup LF-12oz/255	$0.85
Soft Taco Bar	$2.50	w/Sauce (3)-½ cup/70	$1.30			or egg */337 large	$3.25	Peanut Butter Sandwich	$0.80
		Broccoli Soup-low fat	$0.85			Mushroom Swiss Burger/438	$1.85	White/260 Wheat/230	
		low sodium*/175							

Dinner 5:15-6:00

Monday		Tuesday		Wednesday		Thursday		Friday	
Vegetable Soup */75	$0.85	Open Faced Turkey Sandwich	$1.90	Chef Salad		Beef Tomato Macaroni		Tomato Soup *90	$0.85
BLT Sandwich	$1.50	White/228		Small/307	$ 2.00	Small-½ cup/128	$0.70	Grilled Cheese Sandwich	$1.00
White/3 slices bacon /380		Wheat/208		Large/403	$ 2.50	Large-1 cup/256	$1.40	White/280	
Wheat/3 slices bacon/320		Whipped Potatoes */85	$0.70	Mushroom Swiss Burger/438	$ 1.85	Winter Blend *1 cup/30	$0.60	Wheat/250	
		Carrots */35	$0.60			Garlic Bread/230	$0.40		