Mon Health SM
Preston Memorial Hospital

150 Memorial Drive Kingwood, WV 26537

Cafeteria Menu

Week 3

* Healthier Choice
Calories noted in red.

Lunch 11:30-1:30

June 12, 2017		June 13, 2017		June 14, 2017		June 15, 2017		June 16, 2017	
Monday		**Tuesday**		**Wednesday**		**Thursday**		**Friday**	
Tijuana Chicken/323	$ 1.65	1 Hamburger & 1 Hotdog	$ 2.25	Chargrilled Pork Loin/275	$ 1.70	Taco Salad Basket/440	$3.00	Turkey */88	$ 1.70
Red Beans & Rice/125	$ 0.75	Turkey Sandwich *	$ 1.25	Harvest Rice Pilaf/95	$ 0.70	Taco Sal Baked Basket*/279	$3.00	Dressing/½ cup 120	$ 0.70
Mexican Cornbread/430	$ 0.60	White/258		Peas/105	$ 0.65	Refried Beans/135	$0.65	Whipped Potatoes */85	$ 0.70
BLT Sandwich	$ 1.40	Wheat/228		Low Fat Tuna Salad Sandwich	$ 1.25	Corn/59	$0.65	Green Beans */20	$ 0.70
Low Fat Cream of		Coleslaw/40	$ 0.70			Terriyaki Chicken Hoagie/425	$ 2.25	Vegetable Pizza/334	$ 1.50
Potato Soup */255	$ 0.85	Chicken Noodle Soup/160	$ 0.85	Tuna Salad Stuff Tomato*139	$ 2.00				
				on Wheat /206	$ 1.25				

Dinner 5:15-6:00

Monday		Tuesday		Wednesday		Thursday		Friday	
Fish & Fries Basket/360	$ 2.25	Sweet & Sour Baked Chicken *	$ 1.80	Tomato Soup*/90	$ 0.85	Chargrilled Steak/350	$ 2.50	Taco Casserole/204	$ 1.65
Fish /210		/224		Grilled Cheese Sandwich	$ 1.00	Baked Potato /161	$ 0.70	Refried Beans/135	$ 0.65
Fries Small/150 Large/300		Over Rice/+121	$ 2.10	on Wheat/250		Broccoli /32	$ 0.65	Corn/59	$ 0.65
		Rice/121	$ 0.60	on White/280		w/Cheese Sauce/+40	$ 1.00	Mushroom Swiss Burger/438	$ 1.85
Bacon Cheeseburger/550	$ 1.95	Sweet & Sour Vegetables */94	$ 0.75						