

# Stillwater **Medical Center**

**WEEKDAY LUNCH MENU | APRIL 30TH - MAY 4TH**

## **MONDAY LUNCH**

### ENTRÉES

Stuffed Shells  
Tortilla Crusted Tilapia\*  
Creole Steaks  
BBQ Chicken Breast\*

### SIDES

Collard Greens  
Broccoli  
Baby Carrots  
Monaco Blend  
Mash Potato  
Garlic & Butter Rice  
Dinner Rolls

### SOUPS

Italian Ravioli  
Potato Bacon

## **THURSDAY LUNCH**

### ENTRÉES

Rosemary Pork Loin\*  
Cajun Tilapia  
BBQ Brisket Sandwich  
Lime Pepper Chicken\*

### SIDES

Mustard Greens  
Cabbage  
Parmesan Tomatoes  
Yellow Squash  
Baby Bakers  
Red Beans & Rice  
Dinner Rolls & Corn Bread

### SOUPS

Ham & Beans  
7 Bean

## **TUESDAY LUNCH**

### ENTRÉES

Hot Dog Bar  
New England Scrod\*  
Beef Enchiladas  
Chicken Stir Fry w/ Rice\* & Egg  
Rolls

### SIDES

Spinach  
Garlic Herb Pasta Vegetables  
Peas & Mushroom  
Vegetable Medley  
Cheesy Mash Potato  
Refried Beans & Spanish Rice  
Dinner Rolls

### SOUPS

Chicken Tortilla  
Split Peas & Ham

## **FRIDAY LUNCH**

### ENTRÉES

Fettuccine Alfredo\*  
Pop Corn Shrimp  
Sliced Roast Beef\*  
Chicken Fried Chicken

### SIDES

Collard Greens  
Roasted Brussel Sprouts  
Oriental Veggies  
Asparagus  
Mash Potato  
Rice Pilaf  
Dinner Rolls

### SOUPS

Egg Drop Soup  
Chicken w/ Egg Noodle

## **WEDNESDAY LUNCH**

### ENTRÉES

Baked Manicotti  
Lemon Pepper Pollock\*  
Beef Stroganoff \*  
Honey BBQ Chicken Bites

### SANDWICH

Po Boy - Shrimp & Roast Beef

### SIDES

Turnip Greens  
Corn on the Cob  
Italian Cut Green Beans  
Tuscan Blend  
Mash Potato  
Fried Rice  
Garlic Bread

### SOUPS

Beef Stew  
Chicken & Wild Rice

## **CAFETERIA HOURS:**

**Breakfast:**  
**6:30am-9:00am**

**Lunch:**  
**11:00am-1:30pm**

**Dinner:**  
**5:00pm-6:30pm**

\* Heart healthy choice