

MEAL HOURS

Monday-Friday

Breakfast: 0600-0900, Grab n Go 0900-1100

Lunch 1100-1300, Grab n Go 1400-1600

Dinner 1600-1800

Weekends, federal& training holidays

Breakfast: 0800-0930

Lunch: 1100-1400

Dinner 1600-1730

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ELIZABETH C. THOMPSON, CPT, SP, MS, RD, LD

Chief, Nutrition Care Division

WEEK I MENU
NUTRITION CARE DIVISION
IRWIN ARMY COMMUNITY HOSPITAL

SUN, 20 NOV 16	MON, 21 NOV 16	TUE, 22 NOV 16	WED, 23 NOV 16	THU, 24 NOV 16	FRI, 25 NOV 16	SAT, 26 NOV 16
BREAKFAST						
Hard Cooked Egg Eggs to order Fried French Toast Honey Bacon Turkey Links Biscuits & Sausage Gravy	McIrwin Sandwich French Toast, Boiled Egg, Eggs to order Fried, Omelet Turkey, Honey, Jalapeno Bacon Turkey Link/Breakfast Sausage Biscuits & Sausage Gravy	McIrwin Sandwich Pancakes, Boiled Egg, Eggs to order Fried, Omelet Turkey, Honey, Jalapeno Bacon Turkey Link/Breakfast Sausage Biscuits & Sausage Gravy	McIrwin Sandwich French Toast, Boiled Egg, Eggs to order Fried, Omelet Turkey, Honey, Jalapeno Bacon Turkey Link/Breakfast Sausage Biscuits & Sausage Gravy	Hard Cooked Egg Eggs to order Fried Pancakes Honey Bacon Turkey Links	Hard Cooked Egg Eggs to order Fried French Toast Honey Bacon Turkey Links Biscuits & Sausage Gravy	Hard Cooked Egg Eggs to order Fried Pancakes Honey Bacon Turkey Links

BREAKFAST DAILY: Hash browns, assorted dry/hot cereals (oatmeal, grits) fresh fruits, juices, yogurt, breads & pastries. Yogurt Bar: MON-FRI except Federal/Training Holidays

LUNCH

				Thanksgiving Day	Training Holiday ICW 24 NOV	
Savory Baked Chicken Chicken Gravy Scalloped Potatoes Green Beans Chef/Garden Salad	Citrus Pepper Salmon Wing Bar Chicken Gravy Vegetable Rice Pilaf Sweet Potato Fries Green Beans Peas & Carrots Hot Rolls Garden Vegetable Soup Grilled Chicken Wrap Caesar Salad	Bourbon Chicken Ginger Mahi Mahi Jasmine Rice Potato Breaded Rosemary Roasted Potatoes Cauliflower Baby Carrots Hot Rolls Chicken Noodle Soup Pizza: Pepperoni /Cheese/ Vegetable Fiesta Salad	Bkd Tilapia w/Herb Butter Roast Pork Mashed Potatoes Turkey Gravy Spanish Rice Brussels Sprouts Italian Blend Vegetables Hot Rolls Vegetable Beef Barley Soup Vegetable Pita Pocket Strawberry Spinach Salad	Herb Roast Turkey Turkey Gravy Dressing Mashed Potatoes Maple Glazed Sweet Potatoes Green Beans Hot Rolls Chef/Garden Salad	Baked Chicken Wild Rice Pilaf Chicken Gravy Baby Carrots Sautéed Spinach Hot Rolls	Chicken Parmesan Fettucine with Marinara California Blend Vegetables Chef/Garden Salad

LUNCH SHORT ORDER DAILY: Hamburger, cheeseburger, turkey burger, chicken tenders, Veggie burger, chicken breast sandwich, grilled cheese, chicken tenders, French fries,

OFFERED DAILY: Self-service salad bar, assorted breads/spreads, fresh fruits, beverages and assorted desserts.

DINNER

Braised Pork Chops Mashed Potatoes Brown Gravy Baby Carrots Chef/Garden Salad	Spaghetti with /Meat Sauce Bread Sticks/Garlic Bread Mixed Vegetables Chef/Garden Salad	Chicken Cacciatore Egg Noodles Chicken Gravy Italian Blend Vegetables Chef/Garden Salad	Baked Chicken Baked Potato Steamed Broccoli Chef/Garden Salad	Yankee Pot Roast Mashed Potatoes Brown Gravy Broccoli Florets Chef/Garden Salad	Shrimp & Grits (Old Charleston Style) Mixed Vegetables Chef/Garden Salad	Baked Chicken Rice Pilaf Green Peas Chef/Garden Salad
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NO.DINNER SHORT ORDER DAILY. OFFERED DAILY: Assorted breads/spreads, fresh fruits, beverages and assorted desserts

Menu Subject to Change without Notice

WK I, 16 NOV 16