

Daily Specials

SUNDAY

LUNCH:

Cream of Chicken Soup

Turkey Berry Pocket

Sliced Turkey in a Pita Pocket with provolone cheese, spinach, and a cranberry walnut spread.

DINNER:

Pot Roast w/ Gravy

MONDAY

LUNCH:

Cream of Broccoli Soup

Mozzarella & Tomato Salad

Tomato, mozzarella, and red onion on romaine with basil and a drizzle of balsamic. Available with chicken.

DINNER:

American Chop Suey

TUESDAY

LUNCH:

Italian Wedding Soup

Greek Salad Romaine, tomato, cucumbers, banana peppers, onion, & feta. With Greek dressing on the side. Available with chicken.

DINNER:

Roast Turkey w/ gravy.

Served with stuffing

WEDNESDAY

LUNCH:

Corn Chowder

Chicken Salad Pita Special

Chicken salad with cranberries and lettuce in a pita pocket. Available with walnuts

DINNER:

Shepard's Pie

THURSDAY

LUNCH:

Beef Barley Soup

Southwest Salad

Tomato, Cheddar Cheese, Tortilla Strips, Black Beans, Corn & Guacamole on romaine lettuce. Available with ranch or salsa

DINNER:

Chicken Parmesan over Pasta

FRIDAY

LUNCH:

Seafood Chowder

Farmer's Market Salad

Romaine, onions, cucumbers, tomatoes, apples, cheddar, and walnuts w/ raspberry vinaigrette dressing on the side. Available with chicken.

DINNER:

Chicken Picatta -Chicken breast served with a buttery lemon sauce

SATURDAY

LUNCH:

French Onion Soup

Caesar Salad available with chicken

DINNER:

Roasted Pork w/Dijon Mustard Rub



CATHOLIC MEDICAL CENTER



CMC INPATIENT DINING MENU

A CMC Nutrition Ambassador will be assisting you with your menu selection. If your doctor has prescribed a modified diet for you, some items on this menu may not be available or may be modified to fit your prescribed diet order. If your Nutrition Ambassador is unable to obtain your food order, please call 6953 to place your order.

Thank you

Breakfast

CEREALS

Cornflakes, Raisin Bran, Special-K, Toasty O's,
Crispy Rice & Rice Chex, Oatmeal or Cream of Wheat

FRUITS & YOGURTS

Greek Yogurt Or Regular

Vanilla, Blueberry, or Strawberry
Side of granola available
Side of cottage cheese available

Fruit

Fresh fruit cup, Apple, Applesauce,
Grapes, Banana, Peaches,
Mandarin Oranges or Pears

HOT OFF THE BREAKFAST GRILL

Omelette

Choices of Cheese, Onions,
Peppers, Mushrooms, Tomatoes,
Spinach, and/or Ham

Breakfast Sandwich

Egg & Cheese on Toast, English
Muffin or a Bagel

Eggs

Scrambled, Fried or Hard-Boiled
Scrambled Egg Substitute available

Pancakes or French Toast

Available until 10:30 am

Muffins

Apple, Corn, Banana Bread,
or Blueberry

Toast

White, Wheat, English Muffin,
Bagel, or Gluten-Free

Lunch & Dinner

SOUPS & STARTERS

Soups

Chicken Noodle, Tomato,
or Minestrone

Fresh Garden Salad

Available with Croutons
Dressings - French, Italian & Ranch

Fresh Veggie Plate w/ Hummus

SANDWICHES

Chicken Salad, Tuna Salad, or Turkey

Choice of White Bread, Wheat Bread, Pita Pocket, or
Gluten Free Bread

Available Toppings: Lettuce, Tomatoes, Onions,
Mozzarella, Swiss, American, or Provolone

Lunch & Dinner

HOT OFF THE GRILL

Hamburger or Cheeseburger

Available Toppings: Lettuce, Tomatoes, or Onions

Grilled Cheese

ENTRÉES

Shrimp Scampi with Linguini

Baked Haddock topped with Ritz Crumbs

Pasta w/ Red Sauce - Meatballs available

Meatloaf w/ Gravy

Grilled Chicken w/ gravy or BBQ sauce

Macaroni & Cheese

Fresh Garden Salad - Available w/ choice of tuna or
chicken salad, sliced turkey, or chicken breast

SIDE DISHES

Mashed Potato

Macaroni & Cheese

Baby carrots

Broccoli & Cauliflower

Peas

BEVERAGES

Coffee Regular or Decaf

Tea Regular, Decaf, Green, or Herbal

Juice Orange, Apple, Cranberry,
Grape, V-8, or Prune

Milk 2% or Skim, Soy, Lactaid

Ginger Ale

Seltzer Water Plain or Lemon Lime
Bottled Water

Chicken Broth

DESSERTS

Ice cream Vanilla, Chocolate, Strawberry

Vanilla Frozen Yogurt

Sherbet Orange or Raspberry

Pudding Chocolate, Vanilla, or Tapioca

Italian Ice Strawberry or Lemon

Jell-O Strawberry or Orange

Popsicles

Angel Cake

Please See our Daily Specials on Next Page...