

## Wilson Medical Center Weekly Menu

	<b>Monday 17-Feb</b>	<b>Tuesday 18-Feb</b>	<b>Wednesday 19-Feb</b>	<b>Thursday 20-Feb</b>	<b>Friday 21-Feb</b>
<u>the chef's table</u>	<b>cajun style salad</b>  shrimp or chicken served over mixed greens with tomatoes, bell peppers, red onions, roasted corn, cajun ranch and fried okra on the side. Includes a 20 oz fountain beverage or bottle of Aquafina water.	<b>slider bar</b>  bbq pork, buffalo chicken and ham & cheese sliders served 3 to an order with choice of 2 sides (coleslaw, pasta salad or ranch chips). Includes a 20 oz fountain beverage or bottle of Aquafina water.	<b>chicken lo mein stir fry</b>  sautéed chicken tossed with teriyaki noodles, carrots, mushrooms, broccoli & cabbage. Served with mini eggrolls. Includes a 20 oz fountain beverage or bottle of Aquafina water.	<b>bread bowl bar</b>  choice of chicken & wild rice, loaded potato or broccoli cheese soup served on a edible, 16oz toasty bread bowl and choice of toppings. Includes a 20 oz fountain beverage or bottle of Aquafina water.	<b>southern smokehouse</b>  grilled bbq chicken or bbq pork ribs, served with a side of smoked sausage, barbecue beans, texas garlic toast and potato salad. Includes a 20 oz fountain beverage or bottle of Aquafina water.
<u>healthy entrée</u> <u>traditional entrée</u>	<b>smothered pork chop with onion gravy</b>	<b>pepper steak with onions</b>	<b>grilled pork chops</b>	<b>lemon pepper baked chicken</b>	<b>shrimp alfredo</b>
	<b>chicken gumbo</b>	<b>crispy sesame chicken</b>	<b>oven roasted turkey breast</b>	<b>traditional spaghetti</b>	<b>southern fried chicken</b>
<u>vegetables</u>	<b>squash casserole</b>	<b>garlic button mushrooms</b>	<b>green bean casserole</b>	<b>roasted squash &amp; zucchini</b>	<b>oven roasted brussel sprouts</b>
	<b>glazed baby carrots</b>	<b>rainbow fresh roasted vegetables</b>	<b>roasted vegetable medley</b>	<b>fresh broccoli</b>	<b>country cabbage</b>
<u>starches</u>	<b>seasoned pinto beans</b>	<b>white rice</b>	<b>oven baked yams</b>	<b>roasted potatoes</b>	<b>fried green tomatoes</b>
	<b>loaded mashed potatoes</b>	<b>loaded mashed potatoes</b>	<b>mashed potatoes &amp; gravy</b>	<b>corn on the cobb</b>	<b>mac and cheese</b>
<u>bread</u>	<b>wheat roll</b>	<b>egg rolls</b>	<b>cornbread muffins</b>	<b>garlic bread</b>	<b>white roll</b>
<u>hot pick</u>	<b>chicken bacon quesdilla</b>  grilled chicken, bacon & mozzarella cheese grilled golden brown in a tortilla wrap	<b>breaded fried chicken wings</b>  five (5) crispy fried chicken wings	<b>mushroom swiss burger</b>  classic angus burger with mushrooms, bacon & swiss on texas toast	<b>personal pizza</b>  pepperoni, cheese or sausage pizzas cooked golden brown	<b>hawaiian burger</b>  angus beef in teriyaki sauce topped with pineapple & swiss on a brioche bun
<u>soups</u>	<b>broccoli &amp; cheese</b>	<b>chicken &amp; vegetable</b>	<b>chicken noodle</b>	<b>tomato florentine</b>	<b>vegetable beef</b>
<u>dessert</u>	<b>blackberry cobbler</b>	<b>sweet potato pie</b>	<b>peach cobbler</b>	<b>caramel pecan pie</b>	<b>blueberry pie</b>
<u>breakfast special</u>	<b>sausage, egg &amp; cheese burrito</b>	<b>western omelet</b>	<b>cheesesteak &amp; egg hobo sandwich</b>	<b>apple pie french toast</b>	<b>breakfast pizza on pita bread</b>

menu is subject to change without notice