



Wellness and You!

" A Taste of Nutrition "

Wednesday,
 August 24, 2011
 11:30 a.m. to 2:30
 pm

Vendors who supply our foods will be offering a free taste of their nutritious food items.

This is a great opportunity to learn the facts about the products.

Participants include: Weight Watchers, the American Cancer Society, and NYHQ Human Resources Department.

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Visit the Gift Shop in the Main Lobby on August 15 for a 30% off on the Summer Naturals Collection, including jewelry, hats and scarves.

# NEW YORK HOSPITAL QUEENS CAFETERIA

Week of Monday, August 15

## MONDAY

|         |                                   |           |
|---------|-----------------------------------|-----------|
| Soup:   | Baked Potato Soup                 | 1.35/1.70 |
|         | Beef Barley Soup                  | 1.35/1.70 |
| Grill:  | Grilled Flank Steak & Onion Rings | 4.09      |
| Entree: | Savory Rotisserie-Style Chicken   | 3.25      |
|         | Rosemary Roast Pork Loin          | 3.25      |
| Deli:   | Mediterranean Chicken Sandwich    | 4.19      |

## TUESDAY

|         |                                         |           |
|---------|-----------------------------------------|-----------|
| Soup:   | Tomato Florentine                       | 1.35/1.70 |
|         | Italian Wedding Soup                    | 1.35/1.70 |
| Grill:  | Eggplant Reuben                         | 4.09      |
| Entree: | Napa Valley Glazed Salmon               | 4.54      |
|         | Pomegranate Chicken with Roast Potatoes | 3.84      |
| Deli:   | Cape Codder Turkey Sandwich             | 4.19      |

## WEDNESDAY

|         |                               |           |
|---------|-------------------------------|-----------|
| Soup:   | Potato, Leek & Cheddar Gratin | 1.35/1.70 |
|         | Creole Chicken Gumbo Chowder  | 1.35/1.70 |
| Grill:  | Patty Melt                    | 4.09      |
| Entree: | Vegetable Lasagna             | 3.25      |
| Deli:   | Turkey, Ham & Swiss Sub       | 4.19      |

## THURSDAY

|         |                             |           |
|---------|-----------------------------|-----------|
| Soup:   | Golden Turkey soup          | 1.35/1.70 |
|         | Canadian Cheese             | 1.35/1.70 |
| Grill:  | Cheesy Ham & Bacon Melt     | 4.09      |
| Entree: | Chicken Breast Marsala      | 3.25      |
|         | Hattie's Jambalaya          | 3.25      |
| Deli:   | Vermont Lumberjack Sandwich | 4.19      |

## FRIDAY

|         |                             |           |
|---------|-----------------------------|-----------|
| Soup:   | Moroccan Lentil Soup        | 1.35/1.70 |
|         | New England Clam Chowder    | 1.35/1.70 |
| Grill:  | Crab Cake Sandwich          | 4.09      |
| Entree: | Pot Roast                   | 3.25      |
|         | Caribbean Chill & Grill Cod | 4.34      |
| Deli:   | Italian Deli Wrap           | 4.19      |