

APRIL 19: GARLIC DAY

Garlic has germanium in it, which has anti-cancer properties. Garlic has more germanium than any other herb. Another benefit of garlic is it may help regulate the body's blood pressure. Whether you have problems with low or high blood pressure, garlic may help equalize it. In addition to all these health benefits, garlic is packed with vitamins and nutrients. Some of these include protein, potassium, Vitamins A, B, B2 and C, Calcium, Zinc and many others.

Drinking lemon juice or eating a few slices of lemon will counteract garlic breath.

Go green, play a part in saving our planet.

Purchase a FREEQUENT visits reward card with 10 coffee refills for the discounted price of \$8.50 and receive a free Dunkin Donuts stainless steel 16 oz travel mug to use for your refills. Once you redeem your 10 hot coffees continue to enjoy refills at a discount price of \$1.25 each for using your travel mug in the cafeteria

Catering Manager Bill Ward X1252

Executive ChefJerry D'Amico

Retail Manager

Sheila Best

New York Hospital Queens Cafeteria Week of Monday, April 16, 2012

Monday

Soup:	Beef Barley Soup	\$1.35/1.70
	Baked Potato Soup	\$1.35/1.70
Grill:	Flank Steak with Onion Rings	\$4.09
Entree:	Savory Rotisserie Style Chicken	\$3.25
	Rosemary Roast Pork Loin	\$3.25
Deli:	Mediterranean Chicken	\$4.19

Tuesday

Soup:	Potato Dill Soup – in season	\$1.35/1.70
_	Italian Wedding Soup	\$1.35/1.70
Grill :	Grilled Eggplant Reuben	\$4.09
Entree:	Napa Valley Glazed Salmon	\$4.54
	Pomegranate Chicken with Roasted Potatoes	\$3.84
Deli:	Cape Codder Turkey	\$4.19

Wednesday

Soup:	Potato, Leek & Cheddar Gratin	\$1.35/1.70
	Creole Chicken Gumbo	\$1.35/1.70
Grill	Patty Melt	\$4.09
Entree:	Vegetable Lasagna	\$3.25
	Coconut Tilapia - in season	\$3.25
Deli:	Turkey Ham & Swiss Sub	\$4.19

Thursday

Soup:	Turkey Rice Soup	\$1.35/1.70
	Cream of Tomato Soup	\$1.35/1.70
Grill:	Caprese Turkey Burger – in season	\$4.29
Entre	e: Chicken Marsala	\$4.00
	Hattie's Jambalaya	\$4.25
Deli:	Vermont Lumberjack Sandwich w/	\$4.29
	Roast Beef and Cheddar Cheese	

Friday

Soup:	Lentil Soup	\$1.35/1.70
	New England Clam Chowder	\$1.35/1.70
Grill:	Crab Cakes Sandwich	\$4.09
Entree	: Pot Roast	\$3.25
	Caribbean Chill and Grill Cod	\$4.34
Deli:	Red Pepper Hummus Vegetable Wrap – in season	\$4.19

Saturday

Soup: Garden Vegetable Soup	\$1.35/1.70
Entree: Beef Stew	\$3.25
Pulled BBQ Chicken Sandwich	\$3.25

Sunday

Soup:	Tomato Florentine Soup	\$1.35/1.70
Entrée:	Baked Macaroni & Cheese	\$3.25
Entrée:	Fried Fish Sticks	\$ 3.99