



Celebrate summer with healthy food choices that can help reduce the risk of prostate cancer

- Limit fat intake to 15-20% of total calories, especially animal fat found in red meat, cheeses and other animal foods.

- Eat five or more servings of fruits and vegetables daily. A serving of ½ cup cooked or 1 cup raw. The antioxidants in these foods may prevent damage from cancer-promoting free radicals.

Go green, play a part in saving our planet.

Purchase a FREQUENT 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 Chef
Jerry D'Amico

Retail Manager
Sheila Best



New York Hospital Queens Cafeteria
Week of Monday, June 18, 2012

Monday

Soups:	Split Pea	\$1.35/1.70
	Beef Barley	\$1.35/1.70
Grill:	Chicken Asian Wrap	\$4.29
Entree:	Sautéed Chicken Piccata	\$3.25
	Caribbean Spiced Pork with Lime Sauce	\$3.25
Deli:	Beef & Blue Baguette	\$4.29

Tuesday – Jump Asian Express

Soups:	Six Bean Soup	\$1.35/1.70
	Italian Wedding	\$1.35/1.70
Grill:	Chicken Arizona Prairie	\$4.29
Entree:	Beef Stew w/ Sourdough Bread Boule' (bowl)	\$3.75
	Artichoke, Olive, and Rice Paella	\$3.75
Deli:	Italian Sub	\$4.29

Wednesday – Pizza Day

Soups:	Potato, Leek & Cheddar Gratin	\$1.35/1.70
	Chicken Noodle	\$1.35/1.70
Grill	Blue Cheese Turkey Burger	\$4.29
Entree:	Red Fish with Cilantro and Lime	\$4.34
	Chicken & Mushrooms Valencia IN SEASON	\$4.25
Deli:	Cold Cut Combo	\$4.29

Thursday – Taco Bar

Soup:	Turkey Rice	\$1.35/1.70
	Minestrone	\$1.35/1.70
Grill:	Skirt Steak Sandwich w/ Chimichurri IN SEASON	\$4.29
Entree:	Roasted Turkey Breast w/ Poultry Gravy	\$3.75
	Cod Fish with Cilantro and Lime	\$3.75
Deli:	Ham Wrap w/ Herb Mayonnaise	\$4.29

Friday

Soup:	Lentil Soup	\$1.35/1.70
	Manhattan Clam Chowder	\$1.35/1.70
Grill:	Italian Sausage Sandwich	\$4.29
Entree:	Baked Ziti with Four Cheeses	\$3.75
	Grilled Lemon Garlic Tuna	\$4.34
Deli:	Melanzana Caprese Sandwich w/ eggplant, mozzarella & tomatoes IN SEASON	\$4.29

Saturday

Soup:	Garden Vegetable	\$1.35/1.70
Entree:	Chicken Cordon Blue	\$3.75
	Vegetable Lasagna	\$3.75

Sunday

Soup:	Tomato	\$1.35/1.70
Entrée:	Eggplant Rollatini	\$ 3.75
	Sweet and Sour Pork	\$ 3.75