

Wellness & You

- *Consume a variety of foods within and among the basic food groups while staying within energy needs
- *Be physically active every day
- *Control calorie intake to manage body weight
- *Choose fats wisely for good health
- *Choose and prepare food with minimal salt

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
Jeanne Hughes

Executive Chef
Jerry D'Amico

Retail Manager

Sheila Best Ext. 1252

New York Hospital Queens Cafeteria

Week of Monday November 12, 2012

Monday

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Soup:	Beef Barley	\$1.35/1.70
-	Baked Potato	\$1.35/1.70
Grill:	Steak Sandwich	\$4.59
Entree:	Savory Rotisserie Style Chicken	\$3.75
	Rosemary Roast Pork Loin	\$3.75
Deli:	Mediterranean Chicken	\$4.59

Tuesday – Asian Express

Soup:	Vegetable Tortellini	\$1.35/1.70
_	Italian Wedding	\$1.35/1.70
Grill:	Grilled Eggplant Reuben	\$4.59
Entree:	Napa Valley Glazed Salmon	\$4.54
	Hilachas (Shredded Beef Stew)	\$3.75
Deli:	Cane Codder Turkey Sandwich	\$4.59

Wednesday – **Pizza Day**

Soup:	Potato, Leek & Cheddar Gratin	\$1.35/1.70
	Creole Chicken Gumbo	\$1.35/1.70
Grill	Patty Melt	\$4.39
Entree:	Vegetable Lasagna	\$3.75
	Pomegranate Chicken	\$3.99
Deli:	Turkey, Ham & Swiss Sub	\$4.39

Thursday – **Taco Day**

Soup:	Turkey Rice	\$1.35/1.70
_	Tomato Florentine	\$1.35/1.70
Grill:	Cheesy Ham, Bacon, Caramelized Onion	\$4.39
Entree:	Chicken Breast Marsala	\$3.84
	Hattie's Jambalaya	\$3.75
Deli:	Vermont Lumberjack Sandwich with	\$4.39
	roast beef and cheddar cheese	

Friday - **Sweet Friday**

Soup:	Lentil	\$1.35/1.70
	New England Clam Chowder	\$1.35/1.70
Grill:	Crab Cakes Sandwich	\$4.39
Entree:	Pot Roast	\$3.75
	Caribbean Grilled Cod	\$4.34
Deli	Italian Deli Wrap	\$4.39

Saturday

Soup:	Garden Vegetable	\$1.35/1.70
Entree:	Beef Stew	\$3.75
	BBQ Chicken	\$3.75

Sunday

Soup:	Tomato Florentine	\$1.35/1.70
Entrée:	Baked Macaroni & Cheese	\$3.75
	Fried Fish Sticks	\$ 3.99

