New York Hospital Queens Cafeteria

Week of Monday December 24 , 2012

Monday

Soup:	Broccoli Cheese Soup	$1.35/1.70
	Beef Barley Soup	$1.35/1.70
Entree:	Roast Top Round of Beef w/ Brown Gravy	$3.75
	Arroz Con Pollo	$3.75

Tuesday

Christmas Meal

Wednesday

Soups:	Potato Leek	$1.35/1.70
	Chicken Noodle	$1.35/1.70
Entree:	Meat Lasagna	$3.75
	Cod Fish with Cilantro and Lime	$4.34

Thursday

Soup:	Turkey Rice	$1.35/1.70
	Lentil	$1.35/1.70
Entree:	Fried Chicken with Poultry Gravy	$3.75
	Crispy Baked Tilapia	$4.00

Friday

Soup:	Lentil Soup	$1.35/1.70
	Manhattan Clam Chowder	$1.35/1.70
Entree:	Stir Fry Chicken	$3.75
	Blackened Tuna	$4.34

Saturday

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

Sunday

Soup:	Tomato Florentine Soup	$1.35/1.70
Entrée:	Eggplant Rollatini	$3.75
Entrée:	Sweet n' Sour Pork	$3.75

Wellness & You

Healthy Eating Away from Home

- Decide before you go out that you want a healthy meal
- Request low-fat preparations, such as:
  - Broiled without added butter Poached
  - Roasted
  - Steamed
  - Stir-fried with as little oil or butter as possible

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