

#### **Be CARB Smart!**

All carbohydrates are not created equal. Skip foods with simple carbohydrates like sweets and choose complex carbohydrates such as whole grains, fruits, vegetables, and low-fat milk.

# Here are 5 reasons to keep complex carbs in your diet:

Energy Source
Protection against disease
High in fiber
Variety of Foods
Nutritious

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 January 14, 2013

## Monday

Soups:	Split Pea	\$1.69/\$1.99
	Beef Barley	\$1.69/\$1.99
Grill:	Chicken Asian Wrap	\$4.99
Entree:	Sautéed Chicken Piccata	\$6.50
	Caribbean Spiced Pork with Lime Sauce	\$6.50
Deli:	Beef & Blue Baguette	\$4.99

Tuesday – Asian Express

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Soups:	Chickpea and Tortellini	\$1.69/\$1.99
	Italian Wedding	\$1.69/\$1.99
Grill:	Chicken Arizona Prairie	\$4.99
Entree:	Beef Stew w/ Sourdough Bread Boule'	\$6.50
	Artichokes, Olives, and Rice Paella	\$6.00
Deli:	Italian Suh	\$4 99

#### Wednesday – Pizza Day

Soups:	Potato Leek	\$1.69/\$1.99
	Chicken Noodle	\$1.69/\$1.99
Grill	Blue Cheese Turkey Burger	\$4.99
Entree:	Beef Chimichanga w/ Pico de Gallo	\$5.00
	Roasted Lemon Rosemary Chicken	\$6.50
Deli:	Cold Cut Combo	\$4.99

## Thursday – Taco Bar

Soup:	Turkey Rice	\$1.69/\$1.99
	Chili Bean	\$1.69/\$1.99
Grill:	Grilled Turkey Melt	\$4.99
Entree:	Roasted Turkey Breast w/Poultry Gravy	\$6.50
	Cod Fish with Cilantro and Lime	\$7.00
Deli:	Ham Wrap with Herb Mayonnaise	\$4.99

# Friday - Sweet Friday

Soup:	Lentil	\$1.69/\$1.99
_	Manhattan Clam Chowder	\$1.69/\$1.99
Grill:	Italian Sausage Sandwich	\$4.99
Entree:	Baked Ziti with Four Cheeses	\$6.00
	Grilled Lemon Garlic Tuna	\$7.25
Deli:	Peppered Turkey with Guacamole	\$4.99

#### Saturday

Soup:	Garden Vegetable Soup	\$1.69/1.99
Entree:	Chicken Cordon Blue	\$6.50
	Vegetable Lasagna	\$6.00

#### Sunday

Soup:	Tomato	\$1.69/\$1.99
Entrée:	Eggplant Rollatini	\$ 6.00
	Sweet and Sour Pork	\$ 6.50