New York Hospital Queens Cafeteria

Week of Monday February 4, 2013

CONSIDER PROBIOTICS

Probiotics are healthy bacteria that promote digestive health.
They may also help reduce allergic symptoms related to pollen.
Choose cultured dairy products that have "live active cultures" such as lactobacillus acidophilus in the ingredients.

Foods that contain probiotics include:
*Low fat or nonfat yogurt
*Kefir, a milk-based beverage made from grains

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
Roger Mills

Retail Manager
Sheila Best

Ext. 1252

Monday

Soup:	Beef Barley	$1.69/$1.99
	Cream of Broccoli	$1.69/$1.99
Grill:	Grilled Turkey Melt on Sourdough	$4.99
Entree:	Quiche Lorraine	$7.00
	Rib Roast	$8.50
Deli:	Roast Beef Sandwich with Cheddar	$4.99

Tuesday – **Asian Express**

Soup:	Spiced Sweet Potato	$1.69/$1.99
	Italian Wedding	$1.69/$1.99
Grill:	Sante Fe Chicken Breast Sandwich	$4.99
Entree:	Baked Penne with chicken & mushrooms	$6.50
	Crispy Baked Catfish	$7.00
Deli:	Cold Cut Combo Sandwich	$4.99

Wednesday – **Pizza Day**

Soup:	Potato Leek	$1.69/$1.99
	Chicken Noodle	$1.69/$1.99
Grill	Monte Cristo sandwich	$4.99
Entree:	Caribbean Jerk Chicken	$6.50
	Cheese Enchilada with Pico de Gallo	$6.00
Deli:	Roasted Vegetables on Multi-Grain Bun	$4.99

Thursday – **Taco Day**

Soup:	Turkey Rice	$1.69/$1.99
	Three Grain Roasted Vegetable	$1.69/$1.99
Grill:	Grilled Chicken Club Sandwich	$4.99
Entree:	Roasted Turkey Breast w/ Poultry Gravy	$6.50
	Kung Pao Pork	$6.50
Deli:	Peppered Turkey w/ guacamole & tomato	$4.99

Friday – **Sweet Friday**

Soup:	Lentil	$1.69/$1.99
	Manhattan Clam Chowder	$1.69/1.99
Grill:	Eggplant Rueben Sandwich	$4.99
Entree:	Beef Stroganoff with Egg noodles	$6.50
	Baja Fish Tacos	$6.50
Deli:	Italian Deli Wrap	$4.99

Saturday

Soup:	Oriental Vegetable	$1.69/$1.99
Entree:	Chicken Stir Fry	$6.50
	Pasta and Meatballs	$6.50

Sunday

Soup:	Garden Vegetable	$1.69/$1.99
Entrée:	Baked Fish with fresh herbs	$6.50
	Stuffed Shells	$6.50