

## National Nutrition Month

Celebrate Spring with healthy eating habits.

Eat vegetables and Fruits.

Dark green vegetables are nutrition powerhouses and rich in beta-carotene, vitamin C, vitamin K, Folate, Calcium and iron.

They are known to improve vision and eye health.

Go green, play a part in saving our planet.

Recycle all bottles and cans into the recycling bins located at the Cafeteria entrance.

Catering Manager
Jeanne Hughes

Executive Chef
Bill Ward

**Retail Manager** 

Sheila Best

Ext. 1252



#### **New York Hospital Queens Cafeteria**

Week of Monday March 25, 2013

# Monday

Soups:	Beef Barley	\$1.69/\$1.99
_	Split Pea	\$1.69/\$1.99
Grill:	Asian Chicken Wrap	\$4.99
Entree:	Chicken Piccata Sauté	\$6.50
	Eggplant Parmesan	\$5.00
Deli:	Beef and Blue Baguette	\$6.50

## Tuesday – Asian Table

Soups:	Minestrone	\$1.69/\$1.99
-	Italian Wedding	\$1.69/\$1.99
Grill:	Chicken Arizona Prairie	\$4.99
Entree:	Beef Stew	\$6.50
	Vegetable Quiche	\$6.50
Deli:	Italian Sub	\$4.99

## Wednesday – Pizza Day

Soups:	Soups: Potato Leek	
	Homemade Chicken Noodle	\$1.69/\$1.99
Grill	Blue Cheese Turkey Burger	\$4.99
Entree:	Beer Battered Cod	\$7.00
	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	\$6.50
	Seafood Paella	\$6.00
Deli:	Spiced Ham Wrap with Herb Mayonnaise	\$4.99

# **Friday**

Soup:	Lentil	\$1.69/\$1.99
_	Manhattan Clam Chowder	\$1.69/\$1.99
Grill:	Tuna Melt on Wheat	\$4.99
Entree:	Lemon Garlic Grilled Tuna	\$7.00
	Baked Ziti with Four Cheeses	\$6.50
Deli:	Roasted Vegetable Sandwich	\$4.99

## Saturday

Soup:	Garden Vegetable Soup	\$1.69/1.99	
Entree:	Chicken Stir Fry	\$6.50	
	Vegetable Lasagna	\$6.00	

# Sunday

Soup:	Tomato	\$1.69/\$1.99
Entrée:	Meat Lasagna	\$6.00
	Baked Ham	\$6.50