

Get Relief from Seasonal Allergies

Eat quercetin found in berries and tea, red apples, sweet potato, kale, broccoli, watercress and honey

To decongest, try soups

Nourish. Inspire. Flourish

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
Bill Ward

Retail Manager

Sheila Best

Ext. 1252



New York Hospital Queens Cafeteria Week of Monday April 8, 2013

Monday

Soup:	Broccoli Cheese	\$1.69/\$1.99
	Beef Barley	\$1.69/\$1.99
Grill:	Honey Ham & Cheese Chicken Sandwich	\$4.99
Entrée	Rigatoni Bolognese	\$6.00
	Fried Chicken with Poultry Gravy	\$6.50
Deli:	Zesty Italian Roasted Vegetable	\$4.99

Tuesday Asian Express

Soup:	White Bean Escarole	\$1.69/\$1.99
_	Italian Wedding	\$1.69/\$1.99
Grill:	Beef Brisket Sandwich	\$4.99
Entree:	Meat Lasagna	\$6.00
	"Prize Winning" Spareribs	\$6.50
Deli:	Salad Wrap	\$4.99

Wednesday Taste of India /

Soups:	Potato Leek	\$1.69/\$1.99
_	Chicken Noodle	\$1.69/\$1.99
Grill	Crab Cake Sandwich	\$4.99
Entree:	Roast Beef	\$6.50
	Mediterranean Cod	\$7.00
Deli:	Cape Codder Sandwich	\$4.99

Thursday Taco Bar

Soups:	Turkey Rice	\$1.69/\$1.99
	Roasted Vegetable Soup	\$1.69/\$1.99
Grill	Chicken Club Sandwich	\$4.99
Entree:	Ropa Vieja	\$6.50
	Chicken Cordon Bleu	\$6.50
Deli:	Boston Club	\$4.99

Friday

Soup:	Lentil Soup	\$1.69/\$1.99
	Manhattan Clam Chowder	\$1.69/\$1.99
Grill:	Grilled Eggplant Reuben	\$4.99
Entrée	Curried Chicken	\$6.50
	Crispy Baked Tilapia	\$7.00
Deli:	Flatbread Tuna	\$4.99

Saturday

Soup:	Garden Vegetable Soup	\$1.69/\$1.99
Entree:	Sweet n' Sour Chicken	\$6.50
	Vegetable Lasagna	\$6.00

Sunday

Soup:	Chicken Rice Soup	\$1.69/\$1.99
Entrée:	Baked Fish	\$7.00
	Stuffed Shells	\$6.50