Employee Cafeteria Menu

The OSF St. Mary Cafeteria is for the use of our staff, patients and their visitors.

Hours of Service Monday – Friday; Breakfast: 7-9:30 AM Lunch: 11:00 AM –1:30 PM Dinner: 4:30 PM –6:30 PM Vending: open 24 hours (4)

Hours of Service Saturday & Sunday; Opens for Lunch from 11:00 AM – 2:00 PM

	Sunday Feb. 3	**Monday Feb. 4**	**Tuesday Feb. 5**	**Wed. Feb. 6**	**Thursday Feb. 7**	**Friday Feb. 8**	**Saturday Feb. 9**
Soup Bar	Cook's Special	Potato Soup Chicken Noodle - LS	White Chicken Chili Vegetable Beef - LS	Vegetable Soup Stuffed Pepper soup - LS	Homemade Chili Tomato Basil - LS	Homemade Broccoli Cheese Soup Chicken Pot Pie Soup - LS	Cook's Special
Eat Smart Special of the Day		**Fresh Mex Chicken 130 cal**	***Sweet & Sour Chicken 183 cal***	**Hot Turkey and Cheese 230 cal Pretzel Roll 220 cal**	***Pork Carnitas*** 160 cal	**Chicken Quesadilla 260 cal**	**Grilled Chicken 184 cal**
Bon Appetit	***Hamburger 202 cal Turkey Burger 167 cal Bun – 140 cal***	***Swedish Meatball 315 cal***	***Sloppy Joe 278 cal Bun 140 cal***	***Beef and Noodles 260 cal***	**Italian Chicken 184 cal**	**Spaghetti Casserole 310 cal**	
	Potato Tots 160 cal	***Noodles 110 cal***	***White Rice 80 cal***	***Potato Tots 160 cal***	***Rosemary and Garlic Potatoes 90 cal***		Mashed Potatoes & Gravy 135 cal
Sides		***Peas – 59***	***Oriental Veggies 50 cal***	***Baby Carrots 41 cal***	***Green Beans 38 cal***	***Western Corn 66 cal***	***Broccoli 35 cal***

SUNDAY

Hamburger
202 cal
Turkey Burger
167 cal
Bun
140 cal

Potato Tots
160 cal

Entrees $3.00
Sides $1.00

Soup Bar

Cook's Special

Cup 1.25 Bowl $1.75

Monday

Fresh Mex Chicken
130 cal

Swedish Meatballs
315 cal

Noodles
110 cal

Peas
59 cal

Entrees $3.00
Sides $1.00

Soup Bar

Potato Soup

Chicken Noodle Soup - LS

Cup 1.25 Bowl $1.75

TUESDAY

Sweet & Sour Chicken
183 cal

Sloppy Joe Sandwich
278 cal
Bun 140 cal

White Rice
80 cal

Oriental Vegetables
50 cal

Entrees $3.00
Sides $1.00

Soup Bar

White Chicken Chili

Vegetable Beef Soup - LS
Cup $1.25 Bowl $1.75

Wednesday

Hot Turkey and Cheese on Pretzel Roll
230 cal
Pretzel roll 220 cal

Beef and Noodles
260 cal

Potato tots
160 cal

Baby Carrots
41 cal

Entrees $3.00
Sides $1.00

Soup Bar
Vegetable Soup

Stuffed Pepper soup - LS

Cup $1.25 Bowl $1.75

Thursday

Pork Carnitas
160 cal

Italian Chicken
184 cal

Rosemary and Garlic Potatoes
90 cal

Green Beans
38 cal

Entrees $3.00
Sides $1.00

Soup Bar
Homemade Chili

Tomato Basil - LS

Cup $1.25 Bowl $1.75

Friday

Chicken Quesadilla
260 cal

Spaghetti Casserole
310 cal

Western Corn
66 cal

Entrees $3.00
Sides $1.00

Soup Bar

Homemade Broccoli Cheese Soup

Chicken Pot Pie Soup - LS

Cup $1.25 Bowl $1.75

Saturday

Grilled Chicken
184 cal

Mashed Potatoes & Gravy
135 cal

Broccoli
35 cal

Entrees $3.00
Sides $1.00

Soup Bar

Cook's Special

Cup $1.25 Bowl $1.75