



OSF HEALTHCARE

carbs=# of carb choices

♥=lower in fat

Menu

Weekly

Sunday, February 12

Cooks Choice

Monday, February 13

Breakfast Special: Sausage, Egg, & Cheese on Croissant

Carbs Calories

1 300

Soup: Cook's Choice

Entrée: General Tso Chicken

2 180

Starch: Rice♥

1 100

Sandwich: Tuna Salad Sandwich♥

2 230

Side: Egg Roll

1 180

Vegetable: Snap Peas♥

0 35

Dessert: Turtle Cake

3 350

Tuesday, February 14

Breakfast Special: French Toast with Strawberries

Carbs Calories

3 250

Soup: Cook's Choice

Entrée: Mock Filet Mignon

1 308

Starch: Au Gratin Potatoes♥

1 150

Sandwich: Cook's Choice

Vegetable: Broccoli♥

0 23

Salad: Chinese Cabbage Slaw♥

1 70



Wednesday, February 15

Breakfast Special: Biscuits & Gravy

Carbs Calories

2 400

Soup: Cook's Choice

Entrée: BBQ Pork on Bun♥

2 243

Starch: Texas Potatoes

1 206

Sandwich: Chicken Salad Sandwich♥

2 282

Vegetable: Mixed Vegetables♥

1 80

Dessert: Peanut Butter Pie

3 310

Thursday, February 16

Breakfast Special: Ham, Egg, and Cheese Casserole

Carbs Calories

1 150

Soup: Cook's Choice

Entrée: Baked Potato Bar♥

2 160

Starch: CORN NUGGETS

1 132

Sandwich: Cook's Choice

Vegetable: Green Beans♥

0 25

Salad: Italian Pasta Salad♥

2 170

Friday, February 17

Breakfast Special: Sausage, Egg, & Cheese Omelet

Carbs Calories

0 350

Soup: Cook's Choice

Entrée: Monterey Chicken

0 269

Starch: Party Potatoes

1 201

Sandwich: Egg Salad Sandwich

2 295

Vegetable: Steamed Baby Carrots♥

0 23

Dessert: Scotcherros

3 226

Saturday, February 18

Cooks Choice

*Menu is subject to change due to availability.

FEBRUARY 12 TO FEBRUARY 18

week 3



