



Watch for
Wellness and You!
Menu Solutions...

...good food that tastes great
is your reason for
eating healthy!

Wellness entrées & salad recipes
were developed by our regional
and national chefs and dietitians.

Better By Design
means healthier cuisine...

Hours

Monday - Friday

7:00am-9:30am

11:00Am - 1:30pm

4:30pm - 6:00pm

Saturday - Sunday

7:30am-9:30am

11:00Am - 1:30pm

4:30pm - 6:00pm

Managers

Food Service Director

Nancy Dam

Operations Manager

Matt Clayton

Check Out The Menu On
~~The Web~~

e-baptisthealth.com

Beaches Cafe

Week of Monday November 16

Monday

- Entree: Teriyaki Cashew Chicken
Beef Stew with White Rice
Vegetable: Cilantro Basmati Rice 🌱🍌
Stir-Fried Asian Blend with Garlic Sauce 🌱
Fried Okra 🌱
Soup: Chicken & Wild Rice 🍌

Tuesday

- Entree: Caribbean Jerk Chicken Breast 🍌
Grilled Teriyaki Salmon 🍌
Vegetable: Black Bean & Rice Medley 🌱🍌
Caribbean-Style Ratatouille 🌱
Asparagus Spears 🌱
Soup: Caribbean Chicken

Wednesday

- Entree: Meat Loaf
Rotisserie-Style Greek Chicken
Vegetable: Whipped Red Potatoes 🌱
Broccoli & Cauliflower 🌱🍌
Fresh Sugar Snap Peas 🌱🍌
Apple Cobbler
Soup: Chunky Cream of Broccoli 🌱

Thursday

- Entree: Roast Turkey with Gravy
Vegetable: Green Beans Amandine 🌱
Potato: Mashed Potatoes
Soup: Tomato Florentine 🌱🍌
Sodexo: Cornbread Stuffing 🌱
Bar: Chili Bar

Friday

- Entree: Chicken Fajita Quesadilla
Beef & Broccoli Stir-Fry 🍌
Vegetable: Vegetable Fried Rice 🌱🍌
Gingered Fresh Baby Carrots 🌱
Soup: Chicken Tortilla 🍌
Vegetarian/Vegan: Santiago Refried Beans 🌱🍌

Saturday

- Entree: Spaghetti with Meat Sauce
BBQ Chicken Breast 🍌
Vegetable: Zucchini 🌱
Potato: Oven Roasted Garlic Potatoes 🌱🍌
Soup: Minestrone
Bread: Breadsticks 🌱

Sunday

- Entree: Extra Crispy Fried Chicken
Crab Cakes With Remoulade Sauce
Vegetable: Summer Squash 🌱
Broccoli Florets 🌱🍌
Potato: Whipped Red Potatoes 🌱🍌
Soup: Vegetarian Vegetable 🌱