



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
11:00Am - 1:30pm
4:30pm - 6:00pm

Saturday - Sunday
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 October 6

Monday

Entree: Baked Spareribs with BBQ Sauce
Rosemary Lemon Chicken Breast 
Vegetable: Roasted Carrots 
Baked Beans
Brussels Sprouts 
Soup: Cream of Broccoli Soup 





Tuesday

Entree: Baked Ziti with Four Cheeses 
Blackened Chicken Breast Fillet
Vegetable: Italian Mixed Vegetables 
Peas & Mushrooms 
Soup: Minestrone Soup 
Potato: Roasted Sweet Potatoes 







Wednesday

Entree: Chicken Piccata Saute
Shrimp Parmesan Pasta
Vegetable: Southwestern Roasted Vegetables 
Brown Rice 
Broccoli Florets 
Soup: Turkey Noodle Soup 









Thursday

Entree: Chicken Parmesan Italian Style
Tilapia Provencal
Vegetable: Spinach With Mushrooms 
Vegetable Blend 
Soup: Wisconsin Cheese Soup
Bread: Parmesan Bread 



Friday

Entree: Beer Batter Fried Cod
Beef Pot Roast 
Vegetable: Vegetable Medley 
Lima Beans 
Rice 
Stewak Cut Fries
Soup: New England Clam Chowder

Saturday

Entree: Cheese Stuffed Shells 
BBQ Pulled Pork Sandwich 
Vegetable: Green Beans 
Oven Roasted Garlic Potatoes 
Squash Medley 
Soup: Chicken Gumbo 

Sunday

Entree: Baked Chicken Quarter 
Broccoli Florets 
Italian Style Pork Loin 
Vegetable: Fried Okra 
Soup: Minestrone Soup 
Potato: Garlic Mashed Potatoes