



Watch for Wellness and You! Menu Solutions...

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

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

Better By Design
has healthier cuisine...

Hours

Monday - Friday
8:00am - 2:00pm
3:00pm - 5:00pm

Saturday - Sunday
9:00am - 1:00pm
1:30pm - 5:30pm

Manager

Melanie Robertson
x3708

Dietician

Mary Snyder
x3700



Baptist Medical Center Nassau Week of May 12, 2008

Monday

Grill: French Fries
Hot Dog on Bun
Hamburger on Bun
Chicken Tenders
Entree: Baked Potato Bar
Vegetable: Green Peas 🥦🍌

Tuesday

Grill: Hamburger on Bun
Hot Dog on Bun
French Fries
Chicken Tenders
Entree: Beef Stroganoff
Vegetable: Egg Noodles 🥦🍌

Wednesday

Grill: Chicken Tenders
Hot Dog on Bun
Hamburger on Bun
French Fries
Entree: Shrimp Creole Saute with Rice
Vegetable: Rice 🥦

Thursday

Grill: Hamburger on Bun
Hot Dog on Bun
Chicken Tenders
French Fries
Entree: Breaded Pork Chop
Vegetable: Fresh Green Beans 🥦🍌

Friday

Grill: Hamburger on Bun
Hot Dog on Bun
French Fries
Chicken Tenders
Entree: Italian Sausage with Onion & Peppers
Vegetable: Corn O'Brien 🥦🍌

Saturday

Grill: Hamburger on Bun
Hot Dog on Bun
Chicken Tenders
French Fries
Entree: Old-Fashioned Meat Loaf with Gravy
Vegetable: Hoppin' John 🍌

Sunday

Grill: Hamburger on Bun
Hot Dog on Bun
Chicken Tenders
French Fries
Entree: Tuscan Style Roast Turkey 🍌
Vegetable: Savory Cornbread Stuffing