



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

- Soup: New England Clam Chowder
Cheese Chowder
- Grill: New Orleans Ham, Turkey & Cheese
- Entree: Flank Steak with Creamy Mustard Sauce \$
Penne Pasta with Asparagus & Fontina V
- Vegetable: Dumplings

Tuesday

- Soup: Turkey Rice Soup
Tomato Soup \$
- Grill: Chicken Caesar Wrap
- Entree: Thai Chill & Grill Cod \$
Kalua Pig & Cabbage with Rice
- Vegetable: Fresh Green Beans VS

Wednesday

- Soup: Split Pea with Ham Soup
Chicken Gumbo
- Grill: Grilled Turkey Melt
- Entree: Tater Tot Casserole
Fried Chicken
- Vegetable: Collard Greens with Ham

Thursday

- Soup: Bacon Corn Chowder \$
Garden Vegetable Soup V
- Bread: Garlic Bread V
- Grill: Monte Cristo Sandwich
- Entree: Corned Beef
Spaghetti & Meat Sauce \$

Friday

- Soup: Cabbage Soup VS
Chicken Noodle Soup
- Grill: Sante Fe Chicken Breast Sandwich
- Entree: Grilled Lime Cilantro Chicken \$
Green Chile Enchiladas V
- Vegetable: Mexican Rice

Saturday

- Soup: Beef Noodle Soup
- Entree: Glazed Baked Ham
- Vegetable: Lima Beans V
- Potato: Baked Mashed Potatoes with Sour Cream V

Sunday

- Soup: New England Clam Chowder
- Entree: Lasagna Bolognese with Ricotta
Broccoli Florets VS