



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
7:00am - 10:00am
11:30am - 2:00pm
5:00pm - 6:30pm

Saturday - Sunday
7:30am - 9:30am
11:30am - 1:30pm
5:00pm - 6:30pm

Manager

Melanie Robertson
x3708

Dietician

Mary Snyder
x3700



Baptist Medical Center Nassau Week of November 16, 2009

Monday

Soup: Garden Vegetable Soup
Caribbean Jerk Chicken Soup
Entree: Pork with Broccoli
Maryland-Style Seafood Pot Pie
Vegetable: Fried Rice
Baby Carrots

Tuesday

Soup: White Bean Chili
Italian Wedding Soup
Entree: Southwest Flank Steak
Cracked Pepper Parmesan Chicken Breast
Vegetable: Oven Roasted Rosemary Potatoes
Spinach Steakhouse

Wednesday

Soup: Fire Grilled Tortilla Soup
Entree: Baked Ziti

Thursday

Soup: Manhattan Clam Chowder
Texas Chili
Entree: Meat Lasagna
Pesto Chicken Breast
Vegetable: Parmesan Risotto
Montreal Grilled Vegetables

Friday

Soup: Tomato Soup
Cheese & Bacon Soup
Entree: Broccoli Cheddar Quiche
Zucchini
Fried Chicken
Vegetable: Whipped Red Potatoes

Saturday

Entree: Chicken Breast Piccata
Vegetable: Whipped Potatoes
Garden Ranch Broccoli Side

Sunday

Entree: Herbed Breaded Pork Chop
Vegetable: Cornbread Stuffing
Collard Greens