



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 2, 2009

Monday

Soup: Texas Chili
Chicken & Dumplings Soup
Entree: Chicken with Peppers 🍌
Tater Tot Casserette
Vegetable: Mexican Corn Risotto
Balsamic Herb Roasted Vegetables 🌿

Tuesday

Soup: Chicken Tortilla Soup 🍌
Michigan White Bean Soup 🍌
Entree: Meat Loaf with Brown Gravy
Creamy Cajun Shrimp Fettuccine
Vegetable: Macaroni & Cheese
Fresh Green Beans 🌿

Wednesday

Soup: Tomato Soup 🍌
New England Clam Chowder
Entree: Roast Fresh Ham
Golden Fried Catfish
Vegetable: Dijon Roasted Potatoes 🌿🍌
Corn Pudding 🌿

Thursday

Soup: Minestrone Soup 🍌
Wisconsin Cheese Soup
Entree: Chicken Breast Florentine
Sweet & Sour Pork
Vegetable: Roasted Sweet Potato 🌿🍌
Zucchini 🌿🍌

Friday

Soup: Chicken Noodle Soup 🍌
Italian Wedding Soup 🍌
Entree: Chicken & Dumplings
Taco Salad 🍌
Vegetable: Fresh Broccoli 🌿🍌
Parmesan Broiled Tomatoes 🌿🍌

Saturday

Entree: Turkey Tetrazzini
Vegetable: Montreal Grilled Vegetables 🌿🍌
Pizza: Cheese Pizza 🌿
Pepperoni Pizza

Sunday

Entree: Shrimp Provencal
Vegetable: Herbed Pasta 🌿
Spinach Souffle 🌿
Pizza: Cheese Pizza 🌿
Pepperoni Pizza