



# 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

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

#### Saturday - Sunday

8:30am-10:00am  
11:00am-1:30pm

### Managers

#### Retail Manager

Brian Scarola x16094

#### Patient Services Manager

Tracey Michel x 16034

### Chef

#### Executive Chef

Craig Robinson x 16031



# Oasis Cafe Fall 2009

Week of Monday November 16

## Monday

- Soup: Spring Vegetable  Chicken Noodle 
- Grill: Buffalo Chicken Wrap
- Entree: Tilapia with Pineapple Chutney  Martinique Grilled Chicken Breast
- Vegetable: Broccoli & Cauliflower  




## Tuesday

- Soup: Tomato Basil Bisque 
- Entree: Chicken & Dumplings  
Beef Pot Roast  
Grilled Bourbon Marinated Pork Chop 
- Vegetable: Roasted Vegetables  Baby Carrots 

## Wednesday

- Soup: Maryland Crab  
Spring Vegetable 
- Grill: Sante Fe Chicken Wrap
- Entree: Napa Valley Glazed Salmon  Roast Turkey Breast 
- Vegetable: Green Beans  

## Thursday

- Soup: Tomato Basil 
- Grill: Cheese with Ham and Bacon  
Philly Cheese Steak
- Bread: Garlic Bread 
- Entree: Three Cheese Baked Penne  Lemon Pepper Chicken

## Friday

- Soup: Witch's Vegetable  Ogre Broccoli Cheese 
- Grill: Mad Greek Gyro
- Entree: Bat Wing Bar
- Vegetable: Mummy Broccoli  
- Potato: Potato Coffin Bar

## Saturday

- Breakfast: Fried Chicken Tenders
- Grill: Cheeseburger on Bun  
Hamburger on Bun  
Hot Dog on Bun  
French Fries
- Vegetable: Salad Bar

## Sunday

- Grill: Hamburger on Bun  
Cheeseburger on Bun  
Hot Dog on Bun  
French Fries
- Chefs Features: Chicken Tenders
- Vegetable: Salad Bar