



West Calcasieu Cameron Hospital
Your Need, Our Commitment.

CAFÉ MENU
OCTOBER 18 - 22, 2021

MONDAY:

MEATLOAF & GRAVY; CRAWFISH PIES; HONEY SRIRACHA CHICKEN THIGHS; CHEF SALAD; MASHED POTATOES; BATTERED MUSHROOMS; SEASONED GREEN BEANS; CILANTRO LIME BLACK BEAN RICE; ROLL

TUESDAY:

FRIED CATFISH; HOT HAM & CHEESE CROISSANT; LASAGNA SOUP; CHEF SALAD; POTATO SALAD; FLAT CHIPS; SLICED CARROTS; OVEN ROASTED GREEN BEANS; GARLIC BREAD

WEDNESDAY:

ITALIAN CHICKEN; STEAK FINGERS & WHITE GRAVY; PORK CARNITAS; CHEF SALAD; HOLLY BEACH POTATOES; WEDGE FRIES; SEASONED SPINACH; TACO TOPPING; ROLL

THURSDAY:

HOMEMADE BEEF & VEGGIE SOUP; BAKED CHICKEN; BASIL PARMESAN SALMON; CHEF SALAD; BABY BAKERS; BREADED OKRA; SUGAR SNAP PEAS; EGGPLANT PIZZA BITES; CORNBREAD

FRIDAY:

CRAWFISH FETTUCINI; BLACK PEPPER CHICKEN; CHEF SALAD; TUNA SALAD; CHUCKWAGON CORN; FRIED GREEN BEANS; STEAMED BROCCOLI; GARLIC BREAD

MENU SUBJECT TO CHANGE



Work Well to Live Well



LOOK FOR OUR WORK WELL LOGO ON OUR CAFÉ MENU AND IN OUR CAFETERIA! OUR WORK WELL LOGO ENTREES HAVE < 350 CAL; < 20 G CARBOHYDRATES; ~20 G PROTEIN; AND ARE PART OF A 2000 MG/DAY SODIUM DIET. OUR WORK WELL VEGETABLES ARE PREPARED WITH NO ADDED SALT OR OILS. ALL WORK WELL GRAB & GO ITEMS ARE DIETITIAN APPROVED.