



West Calcasieu Cameron Hospital
Your Need, Our Commitment.

CAFÉ MENU
JUNE 27 – JULY 1, 2022

MONDAY:

MEATLOAF & GRAVY; PERSONAL PIZZA;  BANG BANG CHICKEN; SALAD BAR; MASHED POTATOES; FUNNEL FRIES; SEASONED GREEN BEANS;  LIGHTLY STEAMED BROCCOLI; HONEY YEAST ROLL

TUESDAY:

SHRIMP STEW; TURKEY & CHEESE WRAP;  SWEET & SPICY GRILLED PORK CHOPS; SALAD BAR; RICE; POTATO WEDGE FRIES; SPINACH CASSEROLE;  CAULIFLOWER NACHOS; GARLIC BREAD

WEDNESDAY:

RED BEANS & SAUSAGE; POTATO CRUSTED COD;  HONEY SRIRACHA CHICKEN THIGHS; SALAD BAR; RICE; MACARONI & CHEESE; SLICED CARROTS;  ROASTED ASPARAGUS; CORNBREAD

THURSDAY:


SPAGHETTI & MEATSAUCE; CHICKEN ENCHILADA SOUP;  PORK CARNITAS; SALAD BAR; FRIED EGGPLANT; BUTTERED CORN;  TACO TOPPING; GARLIC BREAD

FRIDAY:

CHICKEN TAMPICO;  CILANTRO LIME BAKED COD; SALAD BAR; TUNA SALAD; HOLLY BEACH POTATOES;  CILANTRO LIME CAULIFLOWER RICE; ROLL

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.