



West Calcasieu Cameron Hospital  
*Your Need, Our Commitment.*

**CAFÉ MENU**  
**FEBRUARY 2 - 6, 2026**

**CAFÉ HOURS**

<b>BREAKFAST</b>	<b>Monday - Friday</b>	<b>6:30 AM - 9:30 AM</b>	<b>Saturday/Sunday</b>	<b>7 AM - 9:30 AM</b>
<b>LUNCH</b>	<b>Monday - Friday</b>	<b>11 AM - 1:30 PM</b>	<b>Saturday/Sunday</b>	<b>11 AM - 1 PM</b>

**MENU SUBJECT TO CHANGE**

**MONDAY:**

SMOTHERED BEEF TIPS & GRAVY; CRAB CAKES;  
 PORK CARNITAS; SALAD BAR; RICE; FRIES; GREEN BEAN CASSEROLE;  
 TACO TOPPING; ROLL



**TUESDAY:**

BAKED CHICKEN; PERSONAL PIZZA;  
 SKINNY SALISBURY STEAK WITH MUSHROOMS; SALAD BAR; MACARONI & CHEESE;  
FRIED OKRA; GLAZED CARROTS;  ROASTED ZUCCHINI; GARLIC BREAD



**WEDNESDAY:**

MEATLOAF & BROWN GRAVY; PORK & VEGETABLE EGG ROLLS;  
 WORKWELL SWEET & SOUR CHICKEN; SALAD BAR; SWEET POTATO CASSEROLE;  
ONION RINGS; MUSHROOM GREEN BEANS;  LIGHTLY STEAMED BROCCOLI; ROLL

**THURSDAY:**

TACO SOUP; COUNTRY FRIED STEAK & WHITE GRAVY;  ASIAN PORK TENDERLOIN;  
SALAD BAR; MASHED POTATOES; JALAPENO POPPERS; BROCCOLI & CHEDDAR RICE;  
 STEAMED ASPARAGUS; CORNBREAD

**FRIDAY:**

CHOPPED STEAK WITH ONIONS & GRAVY  
 CREAMY BUFFALO CHICKEN CASSEROLE; SALAD BAR; TUNA SALAD;  
MASHED POTATOES; BATTERED MUSHROOMS;  STEAMED GREEN BEANS; ROLL



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.