



West Calcasieu Cameron Hospital
Your Need, Our Commitment.


CAFÉ MENU
MARCH 9 - 13, 2026

CAFÉ HOURS


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

MENU SUBJECT TO CHANGE



MONDAY:

TATOR TOT CASSEROLE; CHICKEN TENDERS & WHITE GRAVY;
 BBQ PORK TENDERLOIN; SALAD BAR; MASHED POTATOES; MACARONI & CHEESE;
FIELD PEAS;  OVEN ROASTED GREEN BEANS; ROLL

TUESDAY:

ITALIAN CHICKEN WITH FRESH MUSHROOMS & TOMATOES; HOT LINK POBOY;
 TURKEY STUFFED POBLANO; SALAD BAR; FRENCH FRIES; BABY BAKERS;
HONEY GLAZED CARROTS;  LIGHTLY STEAMED BROCCOLI; GARLIC BREAD

WEDNESDAY:

SMOTHERED SHRIMP (IMPORTED), SAUSAGE & OKRA;
 SKINNY SALISBURY STEAK & MUSHROOM GRAVY; SALAD BAR; TUNA SALAD;
ONION RINGS; RICE; SEASONED BLACK EYED PEAS;  OVEN ROASTED CAULIFLOWER; ROLL


THURSDAY:

BEEF LASAGNA; MUFFALETTAS;  CHICKEN FAJITA CASSEROLE;
SALAD BAR; FLAT CHIPS; BUTTERED CORN;  SLICED CARROTS; GARLIC BREAD

FRIDAY:

GRILLED BURGERS;  TORTILLA CRUSTED TILAPIA; BURGER BAR; TUNA SALAD;
FRIES;  OVEN ROASTED ZUCCHINI; ROLL



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.