


Marshall Medical Center

Café Menu—October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Caprese Chicken Stuffed Zucchini Seasoned Spinach Potato Salad Vegetarian Gumbo Soup 30	<u>Tilapia</u> Cole Slaw Green Beans w/ Bacon Spinach Ravioli Clam Chowder 1	Rubeen Sandwiches Vegetarian Quiche Macaroni Salad California Vegetable Cream of Cauliflower 2
Chicken or Veggie Pita Lemon Rice Mediterranean Vegetable Cream of Mushroom 3	Aussie Chicken Tortellini Rice Pilaf Seasoned Spinach Vegetable Soup 4	Beef, Chicken Fajitas Black Beans Rancho Fiesta Vegetable Tornado Tortilla Soup 5	BBQ Tri Tip Sandwich Macaroni and Cheese Onion Rings California Blend Tomato Florentine Soup 6	<u>Oktoberfest</u> Chicken Schnitzel Bratwurst w/ Sauerkraut Warm Potato Salad German Brussels Sprouts Pretzel Bar 7 	Roasted Salmon Broccoli Swiss Qui Rice Pilaf Malibu Vegetable Clam Chowder 8	Chicken Lasagna Vegetable Lasagna Bread Stick Biscayne Veg Red Pepper Gouda Soup 9
Philly Cheese Steak Spinach Bake Potato Wedges Green Beans Vegetable Noodle Soup 10	Caribbean Cod Egg Plant Marinara Jasmine Lime Rice Roasted Sweet Potatoes Bahamas Vegetable Black Bean Steak Soup 11	<u>Hot Dog Cart</u> Beef, Turkey, Veggie Potato Wedges Pasta Salad Italian Blend Veg 12	Artichoke Chicken Seasoned Pasta California Blend Veg Corn Chowder Soup 13	Burgers Beef, Turkey, Vegetarian French Fries Chicken Noodle Soup 14	Sliced Pizza Chicken Wings Italian Blend Vegetable Clam Chowder Soup 15	Quiche Au Gratin Potatoes Garden Blend Veg Minestrone Soup 16
Meatball Sandwich Veggie Meatball Sand French Fries Broccoli Cream of Potato Soup 17	Soft Tacos Beef, Chicken, Black Bean Spanish Rice Poblano Corn Chili Bean Soup 18	Cajun Grits Bowl Shrimp or Chicken Black Beans w/ Corn Tomato Basil Soup 19	BBQ Ribs Manicotti Corn on the Cob Macaroni Salad Cream of Celery Soup 20	Braised Chicken Sandwich Cole Slaw Vegetarian Korma w/ Rice Roasted Cauliflower Sweet Potato Spinach Soup 21	Chicken Pesto Pasta Bread Stick Winter Blend Vegetable Clam Chowder Soup 22	Stuffed Bell Pepper Vegetable Lasagna Mashed Potatoes California Blend Veg Chicken Rice Soup 23
Pulled Pork Sandwich Cole Slaw Spinach Bake Green Beans Navy Bean Soup 24	Roasted Cod w/ Arugula Egg Plant Marinara Lemon Asparagus Seasoned Brown Rice Spinach Artichoke Soup 25	Chicken Salad Wedge Caesar or Blue Cheese Garlic Bread Stick Red Pepper Gouda Soup 26	Beef or Vegetarian Gyro Lemon Rice Mediterranean Spanakopita Quinoa Vegetable Soup 27	Roasted Salmon Stuffed Zucchini Rice Pilaf Pacific Blend Cream of Tomato Soup 28	Malibu Chicken Spinach Ravioli Steamed Red Potatoes Grilled Zucchini Clam Chowder 29	Tamales w/ Sauce Pork or Green Chili Seasoned Pintos Poblano Corn Vegetable Soup 30
BBQ Ribs Garden Burger Onion Rings Ranch Beans Corn Cream of Celery Soup 31						