

Breakfast Wednesday

Scrambled Eggs, Sausage, Gravy, Biscuit

Seasonal Fruit & Yogurt Plate, Frosted Flakes

Lunch

Beef & Cheese Taco, White Rice, Carrot & Celery Sticks with Ranch

Grilled Chicken Sandwich, Lettuce & Tomato,
Carrot & Celery Sticks with Ranch

Baked Cod, White Rice,
Zucchini & Yellow Squash Medley

Soup: Hearty Chicken

Dessert: Pineapple Upside Down Cake

Dinner

Corn Dog Nuggets, French Fries, Green Beans

Grilled Cheese, French Fries, Green Beans

Peanut Butter & Jelly Sandwich

Soup: Potato Cheese

Dessert: No Added Sugar Red Velvet Cake

Play Super Hero Games

B	A	L	L	O	O	N
E	O	G	E	B	M	U
A	B	L	T	O	S	M
R	M	O	T	A	M	B
G	A	M	E	S	O	E
N	B	E	R	L	U	R
O	M	R	S	B	O	S

Find the Words Listed Below in the Puzzle above. Circle them as you Discover them. Good Luck!

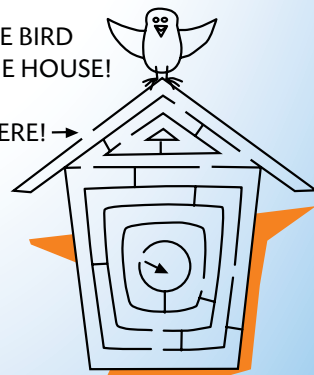
1. BALLOON
2. BEAR
3. NUMBERS
4. LETTERS
5. GAMES

Finish Drawing the Teddy Bear's Ear So He Can Hear What You Are Saying.



HELP THE BIRD INTO THE HOUSE!

START HERE! →



Alternative Menu

If you prefer something other than our Daily Chef Special, please choose from the Alternative Menu Options. Please provide your selections to your Food Service Catering Associate.

MEAT/FISH

Hamburger/Cheeseburger/Veggie Burger • Hot Dog • Salmon
Grilled Chicken Breast • Chicken Nugget/Tenders
Baked Cod • Tuna/Chicken Salad Cup

VEGETABLES

Green Beans • Carrots • Broccoli
California Veggies • Garden Salad • Baked Sweet Potato
Mashed Potatoes • Baked Potato • Rice

PIZZA/PASTA

Cheese • Pepperoni • Fettuccini • Macaroni & Cheese
Cheese Ravioli • Marinara • Butter

SOUPS

Chicken Noodle* • Vegetable* • Tomato*
Cream of Chicken • Cream of Mushroom
Spaghetti & Meatballs • Beef Stew
*Low sodium variety available

SANDWICH ON WHITE OR WHEAT

Peanut Butter & Jelly • Deli Sliced Chicken
Turkey • Ham • Roast Beef • Grilled Cheese
Chicken Salad • Tuna Salad • American Cheese
Lettuce • Tomato • Onion

SNACKS

Rice Krispy Treats
Gold Fish Crackers • Graham Crackers • Teddy Grahams
Peanut Butter Cheese Crackers
Hummus, Celery & Carrot Cup
Grape & Cheese Cup (Seasonal) • Apple Slices
Tropical Trail Mix
Oreo Cookies
Peanut Butter Packets

DESSERTS

Ice Cream (Sugar Free available) • Sherbet
Italian Ice • Hummingbird Cake
Red Velvet Cake
No Added Sugar Strawberry Shortcake

ASK YOUR SERVER FOR BEVERAGE OPTIONS

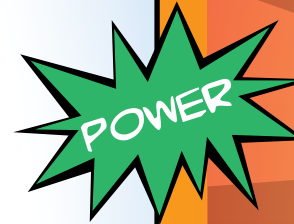


TREATS



CARILION CLINIC

Pediatric Menu



Daily Chef Specials

Breakfast Sunday / Thursday

Pancakes, Maple Syrup, Sausage

•
Vanilla Oatmeal,
Fruit Loops

Lunch

Cheese Ravioli, Meat Sauce,
Broccoli, Garlic Bread

•
Country Style Steak,
Beef Gravy,
Yukon Gold Mashed Potatoes,
Broccoli

•
Peanut Butter & Jelly Sandwich

•
Soup: Tomato Bisque

•
Dessert: Cherry Mousse

Dinner

Chicken Tenders,
Macaroni & Cheese,
Capri Blend Veggies

•
Oven Roasted Turkey,
Gravy,
Homestyle Mashed Potatoes,
Capri Blend Veggies, Cranberry Salad

•
Grilled Chicken Sandwich,
Lettuce & Tomato

•
Soup: Vegetable

•
Dessert: Peanut Butter Pie Cup

TASTY!

Breakfast Monday / Friday

Scrambled Eggs,
Homefries,
Sausage,
Biscuit

•
Stewed Apples,
Frosted Flakes

Lunch

Grilled Burger on Bun,
Corn on the Cob,
Coleslaw

•
Chicken Nuggets,
Ranch Dressing,
Corn on the Cob, Coleslaw

•
Peanut Butter & Jelly Sandwich

•
Soup: Hearty Chicken Noodle

•
Dessert: Diced Peaches

Dinner

Cheese Pizza, Garden Salad

•
Broccoli & Cheese Stuffed Chicken Breast,
Yukon Gold Mashed Potatoes,
Zucchini & Yellow Squash Medley

•
Pulled Pork, BBQ Sauce

•
Soup: Potato & Cheese

•
Dessert: Pineapple Tidbits

Breakfast Tuesday / Saturday

French Toast Sticks, Maple Syrup,
Sausage,
Banana

•
Vanilla Cream of Wheat,
Rice Krispies

Lunch

Chicken Tenders, Ranch Dressing,
French Fries,
Carrot & Celery Sticks with Ranch

•
Turkey Pot Pie over Biscuit,
Garden Salad

•
Peanut Butter & Jelly Sandwich

•
Soup: Italian Wedding

•
Dessert: Lemon-Lime Bundt Cake

Dinner

Hot Dog on Bun,
Tater Tots,
Coin Cut Carrots

•
Grilled Chicken Breast,
Poultry Gravy,
Tater Tots,
Coin Cut Carrots

•
Chicken Nuggets

•
Soup: Minestrone

•
Dessert: No Added Sugar Strawberry Shortcake

YUM!