



Memorial Hospital

OF SWEETWATER COUNTY
1200 College Drive, Rock Springs, WY

Cafe Menu Jan. 13th-Jan. 19th

Café Phone Line 307-352-8435

Breakfast

| | | |
|---|---|--|
| <p>MONDAY</p> <p>Oatmeal</p> <p>Fluffy Scrambled Eggs</p> <p>Buttery Hashbrowns</p> <p>Crispy Bacon</p> <p>Pork and Turkey Sausage</p> | <p>TUESDAY</p> <p>Cream of Wheat</p> <p>French Toast, Scrambled Eggs</p> <p>Hashbrown Patties</p> <p>Crispy Bacon</p> <p>Pork and Turkey Sausage</p> | <p>WEDNESDAY</p> <p>Malt-O-Meal</p> <p>Fluffy Scrambled Eggs</p> <p>Buttery Hashbrowns</p> <p>Crispy Bacon</p> <p>Pork and Turkey Sausage</p> |
| <p>THURSDAY</p> <p>Oatmeal</p> <p>Cheesy Eggs</p> <p>Buttery Hashbrowns</p> <p>Crispy Bacon</p> <p>Pork and Turkey Sausage</p> | <p>FRIDAY</p> <p>Cream of Wheat</p> <p>Blueberry Pancake Casserole</p> <p>Buttery Hashbrowns</p> <p>Crispy Bacon</p> <p>Pork and Turkey Sausage</p> | <p>SATURDAY</p> <p>Malt-O-Meal</p> <p>Pancakes, Eggs</p> <p>Buttery Hashbrowns</p> <p>Crispy Bacon</p> <p>Pork and Turkey Sausage</p> |
| | | <p>SUNDAY</p> <p>Oatmeal</p> <p>Breakfast Burritos</p> <p>Buttery Hashbrowns</p> <p>Crispy Bacon</p> <p>Pork and Turkey Sausage</p> |

Pastry, Toast, Bagels, English Muffins, Yogurt, String, Cheese, Hard Boiled Eggs

Lunch

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| <p>MONDAY</p> <p>Chicken Dumpling Soup</p> <p>Beef Canneloni</p> <p>Sauteed Spinach</p> | <p>TUESDAY</p> <p>Potato Chowder</p> <p>Buffalo Chicken Tacos</p> <p>Carrot Sticks</p> <p>Celery Sticks</p> | <p>WEDNESDAY</p> <p>French Onion Soup</p> <p>Lemon Garlic Salmon</p> <p>Wild Rice</p> <p>Sauteed Carrots</p> |
| <p>THURSDAY</p> <p>Beef Noodle Soup</p> <p>PIZZA</p> | <p>FRIDAY</p> <p>Macaroni & Bean Soup</p> <p>Wraps</p> <p>French Fries</p> <p>Mixed Vegetables</p> | <p>SATURDAY</p> <p>Split Pea Soup</p> <p>Jalapeno Popper Sliders</p> <p>Onion Rings</p> |
| | | <p>SUNDAY</p> <p>Carrot Dill Soup</p> <p>Mexican Pork Burritos</p> <p>Spanish Rice</p> <p>Refried Beans</p> |

Salad Bar, Fresh Bread, Gluten Free Bread, Sandwiches, Fresh Fruit, Vegetables, Desserts

Dinner

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|---|---|--|
| <p>MONDAY</p> <p>Chicken Dumpling Soup</p> <p>Lemon Chicken</p> <p>Roasted Potatoes</p> <p>Sauteed Green Beans</p> | <p>TUESDAY</p> <p>Potato Chowder</p> <p>Mexican Pork Burritos</p> <p>Steamed Corn</p> <p>Black Beans</p> | <p>WEDNESDAY</p> <p>French Onion Soup</p> <p>Honey Sesame Baked Chicken</p> <p>White Rice</p> <p>Roasted Broccoli</p> |
| <p>THURSDAY</p> <p>Beef Noodle Soup</p> <p>Steak Tips</p> <p>Mashed Potatoes</p> <p>Mixed Vegetables</p> | <p>FRIDAY</p> <p>Macaroni & Bean Soup</p> <p>PIZZA</p> | <p>SATURDAY</p> <p>Split Pea Soup</p> <p>Miners Delight</p> <p>French Fries</p> |
| | | <p>SUNDAY</p> <p>Carrot Dill Soup</p> <p>Chicken Tenders</p> <p>Onion Rings</p> <p>Diced Carrots</p> |

Salad Bar, Fresh Bread, Gluten Free Bread, Sandwiches, Fresh Fruit, Vegetables, Desserts

Breakfast 8:00 a.m. - 10:30 a.m. Lunch 11:30 a.m. - 1:30 p.m. Dinner 5:00 p.m. - 6:30 p.m.