

# February 2019



**Massena Memorial Hospital**  
Quality Healthcare in the Seaway Valley

# Nutritional Services Cafeteria Menu

| Sun  | Mon   | Tue  | Wed   | Thu  | Fri   | Sat   |
|--|---|--|---|--|---|---|
|  |   |  |   |  | 1<br><i>Fish on a bun<br/>w/Rice Pilaf<br/>Zucchini</i>   | 2<br><i>Stuffed Shells<br/>w/Breadsticks<br/>Brussel Sprouts</i>  |
| 3<br><i>Chicken Burger<br/>w/Garden Rice<br/>Cauliflower</i> | 4<br><i>Sloppy Joes<br/>w/Fried Veggies<br/>Wax Beans</i>       | 5<br><i>Chicken &amp; Biscuits<br/>w/Mixed Veggies</i>                   | 6<br><i>Homemade Pizza<br/>Day!</i>                       | 7<br><i>Lasagna<br/>w/roll<br/>Fr. Style Green Beans</i>   | 8<br><i>Potato Crusted Cod<br/>w/Garlic Mashed<br/>Potatoes<br/>Peas</i>  | 9<br><i>Spanish Rice<br/>w/Biscuits<br/>Beets</i>                 |
| 10<br><i>Cheeseburger<br/>w/French Fries<br/>Corn</i>        | 11<br><i>Fajitas<br/>w/toppings</i>                             | 12<br><i>Stuffed Pork Chops<br/>w/Cabbage Noodles<br/>Beets</i>          | 13<br><i>Bagel Sandwich<br/>w/Onion Rings<br/>Carrots</i> | 14<br><i>Chicken Divan<br/>w/Noodles<br/>Summer Squash</i> | 15<br><i>Goulash<br/>w/roll<br/>Peas</i>  | 16<br><i>Fish on a bun<br/>w/Mashed Potatoes<br/>Malibu Blend</i> |
| 17<br><i>Mini Personal Pizza<br/>w/Side Salad</i>            | 18<br><i>Italian Baked Fish<br/>w/Garden Rice<br/>Asparagus</i> | 19<br><i>Spaghetti<br/>w/Meat Sauce<br/>Garlic Toast<br/>Green Beans</i> | 20<br><i>Hot Turkey<br/>w/Mashed Potatoes<br/>Corn</i>    | 21<br><i>Salsa Chicken<br/>w/Rice<br/>Broccoli</i>         | 22<br><i>Grilled Ham &amp;<br/>Cheese Sandwich<br/>w/Curly Fries<br/>Peas</i>   | 23<br><i>Mini Personal Pizzas<br/>w/Side Salad</i>                |
| 24<br><i>Hotdogs<br/>w/Tator Tots<br/>Corn</i>               | 25<br><i>Chicken Nuggets<br/>w/Pasta Blend</i>                  | 26<br><i>Hot Meatball Sub<br/>w/Mozzarella Sticks<br/>Wax<br/>Beans</i>  | 27<br><i>Boiled Dinner<br/>w/Crusty Rolls</i>             | 28<br><i>Spanish Rice<br/>w/Biscuits<br/>Peas</i>          | <p><b>Salad bar, sandwiches, and soups available daily.<br/>Menu subject to change.</b></p> <p><b>Cafeteria Hours</b><br/> <b>Monday-Friday 6:15 am-3:30pm;</b><br/> <b>Sat &amp; Sun 6:15 am-2:30 pm</b></p> |   |