
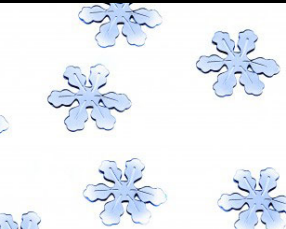
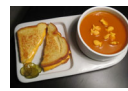







January 2019



Massena Memorial Hospital
Quality Healthcare in the Seaway Valley

Nutritional Services Cafeteria Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p>1 <i>Beef Stroganoff</i> w/noodles Carrots</p>	<p>2 <i>Soup and Sandwich Day</i></p> 	<p>3 <i>Baked Rigatoni</i> w/bread sticks Green Beans</p>	<p>4 <i>Fried Fish on a bun</i> w/garden rice Asparagus</p>	<p>5 <i>Veggie Lasagna</i> w/rolls Summer Squash</p>
<p>6 <i>Pizza</i> w/side salad</p> 	<p>7 <i>Hot Meatball Sub</i> w/mozzarella sticks Peas</p> 	<p>8 <i>Ham & Scalloped Potatoes</i> Mixed Vegetables</p>	<p>9 <i>Southwest Chicken Salad</i></p>	<p>10 <i>Chili</i> w/cornbread Spinach</p>	<p>11 <i>Italian Sausage on a roll</i> w/peppers, mushrooms and onions Tator Tots Broccoli</p>	<p>12 <i>Grilled Chees</i> w/tomato soup Zucchini</p>
<p>13 <i>Philly Cheese Steak</i> w/French fries Malibu Blend</p>	<p>14 <i>Bagel Sandwich</i> w/onion rings Italian Blend Veggies</p>	<p>15 <i>Goulash</i> w/rolls Green Beans</p>	<p>16 <i>Baked Dinner</i> w/crusty rolls</p>	<p>17 <i>Chicken Tenders</i> w/mashed potatoes Corn</p>	<p>18 <i>Taco Bake</i> w/oriental veggies</p> 	<p>19 <i>Hotdogs w/ coleslaw</i> Cauliflower</p> 
<p>20 <i>Beef Stew</i> w/biscuits Beets</p>	<p>21 <i>Cheeseburger</i> w/French fries/gravy Mixed Veggies</p>	<p>22 <i>Italian Baked Chicken</i> w/rice pilaf Peas</p>	<p>23 <i>Meatloaf</i> Mashed Potatoes Carrots</p>	<p>24 <i>Macaroni & Cheese</i> w/Blueberry Bread Stewed Tomatoes</p>	<p>25 <i>Popcorn Chicken</i> w/pasta blend</p> 	<p>26 <i>Goulash</i> w/rolls Asparagus</p>
<p>27 <i>Fish on a Bun</i> w/garlic Mashed Potatoes Spinach</p>	<p>28 <i>Spaghetti</i> w/meatsauce Garlic Toast Fr. Style Green Beans</p>	<p>29 <i>Hamburger on a roll</i> w/au gratin potatoes Broccoli</p>	<p>30 <i>Hot Turkey Sandwich</i> w/mashed potatoes Carrots</p>	<p>31 <i>Chicken Bacon Ranch Sandwich</i> w/Tator Tots Wax Beans</p>	<p>Salad bar, sandwiches, and soups available daily. Menu subject to change.</p> <p><u>Cafeteria Hours</u> Monday-Friday 6:15 am-3:30 pm; Sat & Sun 6:15 am—2:30 pm</p>	