

Portage Health Café Weekly Menu

Served Daily: Soup of the Day / Fresh Salad Bar

Monday, April 24, 2017

Italian Chicken Breast...\$3.50
Tater Tot Casserole...\$3.75
Orzo Pasta with Lemon and Kale...\$1.00
Cole Slaw...\$1.00
Roasted Veggies...\$1.00
Steamed Veggies...\$1.00
Grilled Cheese...\$2.50
Baked Sweet Potato Fries...\$1.25
Split Pea with Ham & Red Pepper Gouda Bisque

Tuesday, April 25, 2017

Turkey Meatloaf...\$3.50 (Pork Added)
Beef Pot Roast...\$3.75
Mashed Potatoes with Gravy...\$1.00
Roasted Root Vegetables with Kale...\$1.00/WB
Steamed Veggies...\$1.00/WB
Roasted Veggies...\$1.00
Whole Grain Fish Nuggets...\$2.50/WB
Baked Fries...\$1.25
Chicken Chili & Vegetarian Potato

Wednesday, April 26, 2017

Chicken Pad Thai...\$3.50
Teriyaki Salmon ...\$4.50
Steamed Veggies...\$1.00
Roasted Veggies...\$1.00
Rice Pilaf...\$1.00
Pork Potstickers...\$1.50 for 3 or 6 for \$3.00
Mushroom and Barley & Thai Chicken and Rice

Thursday, April 27, 2017

Alfredo Chicken Lasagna...\$3.50
Apple Marinated Pork Loin...\$3.50/WB
Citrus Brown Rice w/Green Bean & Apple...\$1.00/WB
Breadstick...\$1.00
Roasted Veggies...\$1.00
Steamed Veggies...\$1.00/WB
Pizza...\$3.00
Minestrone & Stuffed Pepper

Friday, April 28, 2017

Crab Cakes...\$3.50
Mushroom Veggie Burger...\$3.00
Potato Salad...\$1.00
Roasted Maple Sweet Potatoes...\$1.00
Roasted Veggies...\$1.00
Steamed Veggies...\$1.00
Chicken Tenders...\$3.50
Tater Tots...\$1.25
Broccoli and Cheese & Loaded Potato

Grab-N-Go: Roast Beef, Salami and Mozzarella Sub
Fruity Couscous Salad
Veggie & Pepper Jack Cheese Pinwheels

Café Hours

Breakfast—7:00am-10:30am

Lunch—11:00am-1:30pm

Dinner—5:00pm-6:30pm

Cycle 1 Week 2

Well Being Meal for Tuesday,

Fish Nuggets (5 pieces: 250 calories, 18 g protein, 8 g fat, 566 g sodium, 2 g fiber, 21 g carbohydrate)

Root Vegetables and Kale & Parsley (½ cup serving: 43 calories, 1 g protein, 0 g fat, 55 g sodium, 3 g fiber, 10 g carbohydrate, 5 g sugar)

Steamed Veggies (½ cup serving: 59 calories, 2.5 g protein, 32 g sodium, 4 g fiber, 11 g carbohydrate, 3 g sugar)

Nutrition Facts (entire meal): 352 calories, 21.5 g protein, 8 g fat, 0 g saturated fat, 653 g sodium, 9 g fiber, 42 g carbohydrate, 8 g sugar

3 (2.8) Carbohydrate Exchanges

Well Being Meal for Thursday,

Apple Pork Loin (4 oz.: 205 calories, 23 g protein, 8 g fat, 2 g saturated fat, 684 g sodium, 9 g carbohydrate, 9 g sugar)

Citrus Brown Rice, Green Beans, & Apple (½ cup serving: 90 calories, 1.5 g protein, 2 g fat, 30 g sodium, 1 g fiber, 18 g carbohydrate, 6 g sugar)

Steamed Veggies (½ cup serving: 59 calories, 2.5 g protein, 32 g sodium, 4 g fiber, 11 g carbohydrate, 3 g sugar)

Nutrition Facts (entire meal): 354 calories, 27 g protein, 10 g fat, 2 g saturated fat, 746 g sodium, 5 g fiber, 38 g carbohydrate, 18 g sugar

2 ½ (2.5) Carbohydrate Exchanges