

# UP Health System/Portage Café

## Lunch/Dinner Menu

Served Daily: *Soup of the Day & Fresh Salad Bar*

### Monday, October 09, 2017

Split Pea with Ham ... 8oz/\$1.25 or ...  
Red Pepper Gouda Bisque ... 12oz/\$1.75  
Italian Chicken Breast ... \$3.50  
Turkey Bacon Swiss Panini w/Chipotle ... \$3.50  
Orzo Pasta with Lemon and Kale ... \$1.00  
Potato Salad ... \$1.00  
Roasted Veggies ... \$1.00  
Steamed Veggies ... \$1.00  
Grilled Cheese ... \$2.50  
Sweet Potato Fries ... \$1.25

### Tuesday, October 10, 2017

Chicken Chili ... 8oz/\$1.25 or ...  
Vegetarian Potato ... 12oz/\$1.75  
Cranberry Chicken Salad Sandwich ... \$3.50  
Beef Pot Roast ... \$3.75  
Roasted Root Veggies with Kale/WB ... \$1.00  
Mashed Potatoes with Gravy ... \$1.00  
Roasted Veggies ... \$1.00  
Steamed Veggies/WB ... \$1.00  
Whole Grain Fish Nuggets/WB ... \$2.50  
Baked Fries ... \$1.25

### Wednesday, October 11, 2017

Mushroom and Barley ... 8oz/\$1.25 or ...  
Thai Chicken and Rice ... 12oz/\$1.75  
Chicken Pad Thai ... \$3.50  
Teriyaki Salmon ... \$4.50  
  
Rice Pilaf ... \$1.00  
Roasted Veggies ... \$1.00  
Steamed Veggies ... \$1.00  
Pork Potstickers ... \$1.50/3 or \$3.00/6

### Thursday, October 12, 2017

Minestrone ... 8oz/\$1.25 or ...  
Stuffed Pepper ... 12oz/\$1.75  
Alfredo Chicken Lasagna ... \$3.50  
Apple Marinated Pork Loin/WB ... \$3.50  
Breadstick ... \$1.00  
Citrus Rice w/ Green Bean & Apple/WB ... \$1.00  
Roasted Veggies ... \$1.00  
Steamed Veggies/WB ... \$1.00  
Chicken Tenders ... \$3.50  
Tater Tots ... \$1.25

### Friday, October 13, 2017

Broccoli Cheese ... 8oz/\$1.25 or ...  
Loaded Potato ... 12oz/\$1.75  
Crab Cakes ... \$3.50  
Tater Tot Casserole ... \$3.50  
Cole Slaw ... \$1.00  
Roasted Maple Sweet Potatoes ... \$1.00  
Roasted Veggies ... \$1.00  
Steamed Veggies ... \$1.00  
Pizza ... \$3.50

### Grab-N-Go Options for the Week

Ham and Pepper Jack Sub ... \$3.50  
Tuna Macaroni Salad ... \$2.00  
Homemade Granola ... \$2.00

### Café Hours

Breakfast—7:00am-10:30am  
Lunch—11:00am-1:30pm  
Dinner—5:00pm-6:30pm

# UP Health System/Portage Café

## Breakfast Menu

Served Daily: *Apples, Oranges, Bananas, Yogurt, & Assorted Pastries*

### Monday, October 09, 2017

Scrambled Eggs ... \$1.50  
Oatmeal ... \$1.25  
Bacon ... \$0.50  
Sausage ... \$0.50  
Fresh Fruit ... \$0.50  
Ham and Cheese Omelet ... \$3.50  
Veggie Omelet ... \$2.50  
Corned Beef Hash ... \$2.00  
Hash Brown Patty ... 1/\$1.00 or 2/ \$1.50  
House Made Bread ... \$1.00

### Tuesday, October 10, 2017

Scrambled Eggs ... \$1.50  
Oatmeal ... \$1.25  
Bacon ... \$0.50  
Sausage ... \$0.50  
Fresh Fruit ... \$0.50  
Bagel or English Muffin Sandwich ... \$2.25  
Croissant Sandwich ... \$2.75  
Apple Baked Oatmeal ... \$2.25  
Cubed Hash Brown Potatoes ... \$1.50  
Scone ... \$1.00

### Wednesday, October 11, 2017

Scrambled Eggs ... \$1.50  
Oatmeal ... \$1.25  
Bacon ... \$0.50  
Sausage ... \$0.50  
Fresh Fruit ... \$0.50  
Breakfast Pizza ... \$2.50  
Everything Scramble ... \$2.25  
Hash Brown Patty ... 1/\$1.00 or 2/ \$1.50  
Granola Bar ... \$1.00

### Thursday, October 12, 2017

Scrambled Eggs ... \$1.50  
Oatmeal ... \$1.25  
Bacon ... \$0.50  
Sausage ... \$0.50  
Fresh Fruit ... \$0.50  
Scrambled Egg Muffins ... \$1.50  
Grilled Bacon and Cheese ... \$2.50  
Cubed Hash Brown Potatoes ... \$1.50  
Apple Turnover ... \$1.50

### Friday, October 13, 2017

Scrambled Eggs ... \$1.50  
Oatmeal ... \$1.25  
Bacon ... \$0.50  
Sausage ... \$0.50  
Fresh Fruit ... \$0.50  
Breakfast Burrito ... \$2.50  
Baked Oatmeal ... \$2.25  
Cheesy Ham and Hash Brown Casserole ... \$2.00  
Assorted Pastries ... VAR

### Grab-N-Go Options for the Week

Ham and Pepper Jack Sub ... \$3.50  
Tuna Macaroni Salad ... \$2.00  
Homemade Granola ... \$2.00

### Café Hours

Breakfast—7:00am-10:30am  
Lunch—11:00am-1:30pm  
Dinner—5:00pm-6:30pm

Cycle 1 Week 2