

UP Health System/Portage Café

Lunch/Dinner Menu

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

Monday, July 16, 2018

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
Sweet Potato Fries ... \$1.25

Tuesday, July 17, 2018

Beef Chili ... 8oz/\$1.25 or ...
Vegetarian Potato ... 12oz/\$1.75
Chili Bar ... \$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

Wednesday, July 18, 2018

Homemade Mushroom Barley Soup ... 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, July 19, 2018

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

Friday, July 20, 2018

(Closed after 2:00pm)

Broccoli Cheese ... 8oz/\$1.25 or ...
Loaded Potato ... 12oz/\$1.75
Crab Cakes ... \$3.50
Tater Tot Casserole ... \$3.50
Cole Slaw ... \$1.00
Breadstick ... \$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

Cycle 1 Week 2

UP Health System/Portage Café

Breakfast Menu

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

Monday, July 16, 2018

Scrambled Eggs ... \$1.50
Oatmeal ... \$1.25
Bacon ... \$0.30
Sausage ... \$0.30
Fresh Fruit ... \$0.50
Ham and Cheese Omelet ... \$2.50
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, July 17, 2018

Scrambled Eggs ... \$1.50
Oatmeal ... \$1.25
Bacon ... \$0.30
Sausage ... \$0.30
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, July 18, 2018

Scrambled Eggs ... \$1.50
Oatmeal ... \$1.25
Bacon ... \$0.30
Sausage ... \$0.30
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, July 19, 2018

Scrambled Eggs ... \$1.50
Oatmeal ... \$1.25
Bacon ... \$0.30
Sausage ... \$0.30
Fresh Fruit ... \$0.50
Scrambled Egg Muffins (2) ... \$2.00
Grilled Bacon and Cheese ... \$2.50
Cubed Hash Brown Potatoes ... \$1.50
Apple Turnover ... \$1.50

Friday, July 20, 2018

Scrambled Eggs ... \$1.50
Oatmeal ... \$1.25
Bacon ... \$0.30
Sausage ... \$0.30
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

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