

MENU
MONROE COUNTY MEDICAL CENTER
HEARTBEAT CAFÉ
LOW OR LOWER FAT CHOICES**

July 25th -July 31th, 2010

LUNCH	SUPPER	SPECIAL
SUNDAY Fried Chicken Lasagna** Green Beans**, Mashed Potatoes Pinto Beans, Garlic Cheddar Biscuits Cornbread, Roll** Pecan Pie	Shepherd's Pie Country Blend Vegetables** Au Gratin Potatoes Cole Slaw Cornbread, Roll** Peanut Butter Pie	Deluxe Fried Bologna Sandwich Chips & Sm Fountain Drink \$2.25 W/O Drink \$2.00
MONDAY Fried Pork Chop Chicken-n-Dumplings Baked Potato** Lima Beans** Macaroni & Tomato, Cornbread, Roll** Coconut Cake	Chicken Tetrazzini Italian Green Beans** Mashed Potatoes Cornbread, Roll** Chocolate Ice Box Pie	Chicken Strip Salad \$3.50
TUESDAY BBQ Pork Tenderloin** Kraut & Weiners Scalloped Potatoes, Cole Slaw Pinto Beans**, Turnip Greens** Cornbread, Roll** Strawberry Cobbler	Fried Chicken Green Beans** Mashed Potatoes Cornbread, Roll** Chess Pie	Individual Pizzas, Pepperoni, Sausage, or Everything \$2.75
WEDNESDAY Fried Fish Sliced Roast Beef -n-Gravy Green Beans**, Macc + Cheese Mashed Potatoes Cornbread, Roll*, Strawberry Cloud Cake	Salisbury Steak-n-Gravy M. Potatoes White Beans Cole Slaw Cornbread, Roll** Chocolate Chip Cookies	Sloppy Joe topped with dill or sweet pickles w/ Chips \$2.50
THURSDAY Shepard's Pie Salmon Patty , Mashed Potatoes, Glazed Carrots Pinto Beans, Mixed Vegetables Cornbread, Roll** Caramel Pecan Topped Cheesecake	Meat Loaf Mashed Potatoes Winter Vegetables Green Beans Cornbread, Roll** Iced Chocolate Devils Food Cake	Chicken Salad Sandwich Chips & Sm Fountain Drink \$2.25 W/O Drink \$2.00
FRIDAY B-B-Q Shoulder Honey Baked Ham Baked Beans, Country Vegetables** Sweet Potato Casserole Cornbread, Roll** Blackberry Cobbler	Hand Breaded Catfish Filets Hearty Chicken & Dumplings Mashed Potatoes, Green Peas** Cornbread, Roll** Peanut Butter Pie	Philly Cheesesteak Sandwich w/ Chips \$3.50
SATURDAY Homemade Meatloaf Spaghetti & Meat Sauce Fried Apples, Cole Slaw Mashed Potatoes Pinto Beans**, Mixed Vegetables** Cornbread, Roll**Cheddar Biscuits Coconut Ice Box Pie	Sliced Roast Beef Mashed Potatoes Macaroni & Cheese Italian Green Beans** Cornbread, Roll** Angel Food Cake	Toasted Tuna Sandwich Chips Small Fountain Drink \$2.25 W/O Drink \$2.00