

# Phelps Hospital

## Robin's Nest Lunch Menu

Robin's Nest is following the USDA Guidelines National School Breakfast & Lunch Program. All Fruit is packed in Natural fruit juice is 100% fruit juice. All foods are cooked trans-fat free, no added salt. All beef is 80% lean 20% fat.

<b>MONDAY</b>	Whole Grain Pancakes with Syrup/ Sliced Peaches Veggie Soup/ Baked Chicken with Herbs/ Mac & Cheese/ Whole Wheat Dinner Roll/ Broccoli/ Watermelon Roasted Tofu with Veggie Gravy
<b>TUESDAY</b>	Yogurt/ Granola/ English Muffins/ Cantaloupe Three Bean Chili/ Turkey Meatloaf/ Potato Wedges/ Peas & Carrots/ Strawberries Garden Burger
<b>WEDNESDAY</b>	Whole Wheat Bagels/ Sliced Pears Carrot Soup/ Pasta/ Pasta Sauce/ Green Beans/ Oranges
<b>THURSDAY</b>	Scrambled Eggs/ Corn Muffins/ Pineapple Puree of Cauliflower Soup/ Chicken Tenders/ Vegetable Medley/ Steamed Brown Rice/ Grapes Soy Nuggets
<b>FRIDAY</b>	Assorted Cereal/ Bananas Roasted Tomato Lentil Soup/ Chicken & Broccoli Stir Fry/ White Rice/ Oranges Tofu and Broccoli Stir Fry