






Breakfast: 6:30 to 10:00 AM

Lunch: 11:00 to 1:30 PM

Dinner: 4:15 to 7:00 PM

Grill open from 6:30 AM to 8:00 PM

CGH Café	Sunday Feb 10 th	Monday February 11 th	Tuesday February 12 th	Wednesday February 13 th	Thursday February 14 th	Friday February 15 th	Saturday February 16 th
Brk		Blueberry Pancakes	Chorizo & Eggs	French Toast	Breakfast Casserole	Breakfast Burrito	
Lunch	<p><u>Soup</u></p> <p><u>Grill</u></p>	<p>Steak Salad (Lettuce, Steak, Tomato, Mushroom, Onion, Avocado, Bleu Cheese)</p> <p>Ssnd Chicken Breast HTP ♥</p> <p>Winter Ragu</p> <p>Roasted Turkey Breast ♥</p> <p>Bacon Wrapped Pork</p> <p>Gnocchi Brussel Sprouts Carrots</p> <p><u>Soup</u> Chicken Noodle Cook's Choice</p> <p><u>Grill</u> Ultimate Grilled Cheese</p> <p><i>National Peppermint Patty Day</i></p> 	<p>Winter Crunch (Cabbage, Broccoli, Carrots, Onion, Sunflower Seeds, Cranberries)</p> <p>Ssnd Chicken Breast HTP ♥</p> <p>Sweet Potato Coconut Curry</p> <p>Smoked Salmon ♥</p> <p>Coconut Rice Snap Peas Rivera Blend</p> <p><u>Soup</u> Cream of Potato Cook's Choice</p> <p><u>Grill</u> Shrimp Roll</p> <p>★ ★ ★ ★ ★ ★ Lincoln's Birthday ★</p>	<p>Winter Panzanella (Bread, Iceberg Lettuce, Tomato, Roasted Carrots, Roasted Peppers, Roasted Cauliflower)</p> <p>Ssnd Chicken Breast HTP ♥</p> <p>Meatloaf</p> <p>Fried Chicken</p> <p>Mashed Potatoes Gravy Green Beans Cauliflower</p> <p><u>Soup</u> Beef Barley Cook's Choice</p> <p><u>Grill</u> Grilled Cod ♥</p>	<p>Shrimp Caesar Salad (Romaine, Shrimp, Parmesan Cheese, Croutons)</p> <p>Ssnd Chicken Breast HTP ♥</p> <p>Fish Taco -Action Station ♥</p> <p>Cream of Chicken & Biscuit Baked Potato Bar</p> <p>Cheese Sauce Chili Cauliflower</p> <p><u>Soup</u> Chili</p> <p>Cook's choice</p> <p><u>Grill</u> Roasted Red Pepper Pesto Chicken Sandwich</p> 	<p>Cobb Salad (Mixed Greens, Chicken, Bacon, Avocado, Tomato, Egg, Cucumber, Bleu Cheese)</p> <p>Ssnd Chicken Breast HTP ♥</p> <p>Carnitas</p> <p>Siracha Shrimp Taco ♥</p> <p>Cilantro Lime Rice Corn Fajita Veggies</p> <p><u>Soup</u> Stuffed Pepper Cook's Choice</p> <p><u>Grill</u> Monte Cristo</p> <p>NATIONAL GUMDROP DAY</p>  <p>FEBRUARY 15TH</p>	<p><u>Soup</u> Cook's Choice</p> <p><u>Grill</u> Cook's Choice</p>
		<p>Ssnd Chicken Breast HTP ♥</p> <p>Winter Ragu</p> <p>Roasted Turkey Breast ♥</p> <p>Bacon Wrapped Pork</p> <p>Gnocchi Vegetable</p> <p><u>Soup</u> Chicken Noodle Cook's Choice</p> <p><u>Grill</u> Ultimate Grilled Cheese</p>	<p>Ssnd Chicken Breast HTP ♥</p> <p>Sweet Potato Coconut Curry</p> <p>Smoked Salmon ♥</p> <p>Coconut Rice Vegetable</p> <p><u>Soup</u> Cream of Potato Cook's Choice</p> <p><u>Grill</u> Shrimp Roll</p>	<p>Ssnd Chicken Breast HTP ♥</p> <p>Meatloaf</p> <p>Fried Chicken</p> <p>Mashed Potatoes Gravy Vegetable</p> <p><u>Soup</u> Beef Barley Cook's Choice</p> <p><u>Grill</u> Grilled Cod ♥</p>	<p>Ssnd Chicken Breast HTP ♥</p> <p>Cream of Chicken & Biscuit Baked Potato Bar</p> <p>Chili Cauliflower Cheese Sauce</p> <p><u>Soup</u> Chili</p> <p>Cook's Choice</p> <p><u>Grill</u> Roasted Red Pepper Pesto Chicken Sandwich</p>	<p>Ssnd Chicken Breast HTP ♥</p> <p>Carnitas</p> <p>Siracha Shrimp Taco ♥</p> <p>Cilantro Lime Rice Vegetable</p> <p><u>Soup</u> Stuffed Pepper Cook's Choice</p> <p><u>Grill</u> Monte Cristo</p>	 <p>National Almond Day February 16 www.NationalDayCalendar.com</p>
		Chef Salad	Caesar Wrap	Chef Salad	Turkey & Cheese Wrap	Caesar Salad	

Red ♥ indicates Heart Healthy Entrée's

