

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.

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