

## 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 Wheat Waffles with Syrup/ Veggie Sausage/ Mixed Fruit Cream of Broccoli Soup/ Meatless Baked Ziti/ Meat Sauce/ Carrots/ Apples
<b>TUESDAY</b>	Cheesy Scrambled Eggs/ Corn Muffins/ Oranges White Bean Soup/ Herb Baked Chicken/ Spaghetti/ Marinara/ Green Beans/ Apples Herb Tofu
<b>WEDNESDAY</b>	Assorted Cereals/ Bananas Red Pepper Fennel Soup/ Chicken Pot Pie/ Biscuits/ Steamed Potatoes/ Vegetable Medley/ Cantaloupe Garden Burger
<b>THURSDAY</b>	Whole Grain French Toast with Syrup/ Pineapple Mushroom and Wild Rice Soup/ Chicken Tenders/ Brown Rice Pilaf/ Peas & Carrots/ Apples Soy Nuggets
<b>FRIDAY</b>	Whole Wheat Bagels/ Cantaloupe Tomato Basil Soup/ Macaroni & Cheese/ Plain Pasta/ Marinara Sauce/ Broccoli/ Grapes