

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/ Mixed Fruit Salad Minestrone Soup/ Beef Goulash/ Egg Noodles/ Vegetable Medley/ Wheat Dinner Roll/ Oranges Roasted Tofu with Veggie Gravy
TUESDAY	Assorted Cereals/ Banana Corn Chowder/ Grilled Chicken Parm/ Whole Wheat Bun/ Green Beans/ Strawberries Garden Burger
WEDNESDAY	Whole Wheat Waffle with Syrup/ Veggie Sausage / Diced Peaches Tomato Soup/ Salmon Patties/ Rice/ Broccoli/ Apples Baked Lemon and Dill Tofu
THURSDAY	Whole Wheat Bagels/ Watermelon Vegetable Pesto Soup/ Chicken Tenders/ Pasta Primavera/ Pineapple Soy Nuggets
FRIDAY	Scrambled Eggs/ Cantaloupe / Corn Muffins Split Pea Soup/ Pasta with Meatballs/ Marinara Sauce/ Broccoli/ Grapes Tofu Bolognese Pasta