

## 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>    | Assorted Cereals/ Banana<br>French Onion Soup/ Pasta Primavera with Chicken/ Corn/ Oranges<br>Pasta Primavera                                              |
| <b>TUESDAY</b>   | Yogurt/ Granola/ English Muffins / Grapes<br>Potato Dill Soup/ Beef Tacos/ Rice/ Lettuce/ Cheese/ Tomatoes/ Watermelon<br>Tofu Tacos                       |
| <b>WEDNESDAY</b> | Cheesy Scrambled Eggs/ Corn Muffins/ Apple<br>Ginger Squash Soup/ BBQ Chicken Sandwich/ Potato Wedges/ Carrots/ Strawberries<br>BBQ Garden Burger Sandwich |
| <b>THURSDAY</b>  | Whole Grain French Toast with Syrup/ Cantaloupe<br>Carrot Soup/ Pasta/ Marinara Sauce/ Peas/ Grapes                                                        |
| <b>FRIDAY</b>    | Whole Wheat Bagel/ Honeydew<br>Tomato Florentine Soup/ Salmon Patties/ Carrots/ Rice/ Oranges<br>Baked Lemon and Dill Tofu                                 |