



KAISER PERMANENTE®
Mid Atlantic Café
Winter

	02/11/13 Monday	02/12/13 Tuesday	02/13/13 Wednesday	02/14/13 Thursday	02/15/13 Friday
Day Break	Pancakes, Two Eggs, Two Sausage	Spinach & Feta Omelet	French Toast with Two Eggs and Two Turkey Links	Corned Beef Hash with Two Eggs & Grits	Two Eggs, Scrapple & Grits
Soups	Chicken Noodle	Potato Leek	Fajita	Italian Wedding	Chowder Du Jour
Entrees	Country Fried Steak with Mashed Potatoes and Corn	Beef Taco Casserole	Herb Crusted Tilapia with Two Sides 	Caribbean Jerk Chicken over Rice Pilaf and Vegetables	Carne Asada over Rice and Vegetables
That's Amore! Pizza & Things	<u>Pizza</u> Meat Lovers <u>Calzone</u> Broccoli Cheddar	<u>Pizza</u> Pepperoni <u>Calzone</u> Spinach & Feta	<u>Pizza</u> Chicken & Mushroom <u>Calzone</u> Veggie	<u>Pizza</u> Deluxe <u>Calzone</u> Bacon & Cheese	<u>Pizza</u> Veggie <u>Calzone</u> Ultimate
The Fresh Deli					
Cold	California Wrap	Pastrami & Coleslaw	Greek Salad Wrap	Buffalo Wrap	Turkey & Cheese Wrap
Exhibition Alley Carvery	Tangy Ranch Chicken over Greens	Spinach and Berries Salad with Granola	Southwestern Chicken over Greens	Garlic Pepper Grilled Shrimp over Greens with a Lemon Citrus Vinaigrette	Blackened Salmon Caesar Salad with Garlic Bread
Burger	Bacon	Pepper jack	Swiss Mushroom	Peppers & Onions Lemon	Bacon Cheddar
Chicken	BBQ	Blackened	Cajun		Mexican
Special	Meatball Sub	Chipolte Steak	Patty Melt	Wings	Quesadilla



Healthy Picks
 Mid Atlantic Café Hours For Food Are 7am – 10am & 11am – 2pm
 Snack 2pm – 2:30pm (This is for Snacks ONLY no food will be served)

CYCLE 4



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