



# ANNA JAQUES HOSPITAL

Week of January 7, 2019

week 5

Mindful.sodexo.com

Menu available at ajh.org

Before placing your order, please inform your server if a person in your party has a food allergy.

## GF

Gluten Free menu items are available by special order. The GF menu is posted on the café menu board as you enter the main door of the café. Special ordered GF menu items will take several minutes to prepare.

### This Week's Grab & Go Salad

Buffalo Chicken Salad

### Specials

#### Tuesday

#### Buffalo Chicken Wrap

*chicken tenders tossed in buffalo sauce w/lettuce, diced tomatoes, scallions, Colby Brick cheese & ranch dressing*

#### Wednesday

#### Pasta Bar

*Lots to choose from. Options include meatballs, Italian sausage, chicken, marinara, alfredo or blush sauce and several vegetables*

#### Thursday

#### Ice Cream Bar

Breakfast:	Cinnamon Twists	M
Soup:	Potato & Corn Chowder	
Entrée:	Cheese Manicotti	
Entrée:	Marinated Steak Tips	
Sides:	Green Beans w/Tomato & Onions, Potato Wedges	
Grill:	Grilled Chicken w/Lettuce & Tomato on a Roll	
Grab & Go:	Egg Salad on White	

Soup:	Minestrone	T
Entrée:	Chicken Cordon Blue	
Entrée:	Brown Rice & Vegetable Stuffed Pepper	
Sides:	Broccoli, Garlic Mashed Potato	
Special:	Buffalo Chicken Wrap	
Grab & Go:	Spicy Italian Sub	

Breakfast:	Pumpkin Pancakes	W
Soup:	Chicken Noodle	
<b>Pasta Bar:</b>	Choose your pasta and your toppings: meatballs, Italian sausage, chicken,  vegetables and three sauces	
Entrée:	Italian Sub by the Inch	
Grill:	Meatball Sub	
Grab & Go:	Beef Swiss Pub Wrap	

Soup:	Garden Vegetable	Th
Entrée:	BBQ Pork Ribs	
Entrée:	Chicken and Goat Cheese Quesadilla	
Sides:	Corn, Sweet Potato Fries, Fried Mushrooms	
Grill:	French Dip with Au Jus	
Grab & Go:	Ham & Cheese on White	

Soup:	Seafood Chowder	F
Entrée:	Baked Haddock	
Entrée:	Mustard Crusted Chicken	
Sides:	Brussels Sprouts w/Bacon, Rice Pilaf, Tater Tots	
Pizza:	Assorted Pizzas <i>made in house</i>	
Grab & Go:	Turkey and Cheese on White	

Soup:	Soup of the Day	Sa
Entrée:	Macaroni & Cheese	
Special:	Crispy Chicken Wrap	
Sides:	Capri Mixed Vegetable	
Grill:	Pizza, Hamburgers, Cheeseburgers, French Fries	

Soup:	Soup of the Day	Su
Entrée:	Chicken Broccoli Ziti	
Special:	Spicy Turkey Burger with Avocado	
Sides:	Carrots, Onion Rings, Cheese Bread Stick	
Grill:	Pizza, Hamburgers, Cheeseburgers, French Fries	

Vegan Vegetarian Mindful

