

## EXPRESSLY FOR YOU

### Daily Alternatives

#### Breakfast

Scrambled Eggs, Pancakes, French Toast, Bacon, Grilled Ham, Assorted Cold Cereal, Oatmeal, Bagel and Cream Cheese, Fresh Fruit Cup, Yogurt (Plain or Fruited), Muffins

#### Lunch / Dinner Entrees

Chicken or Vegetable Penne, Baked Fish, Assorted Cold Sandwiches, Fruit Salad with Cottage Cheese, Chicken Caesar Salad, House Salad, Grilled Chicken, Hamburger on a bun, Baked Chicken Tenders, Personal Pizza, Grilled Cheese Sandwich

#### Sides

Chicken Noodle Soup, Steamed Rice, Whipped Potatoes, Mixed Vegetables

#### Fruits/Desserts

Banana, Fruit Cup, Applesauce, Vanilla or Chocolate Ice Cream, Pudding, Fruit Ice, Gelatin

## Hoboken University Medical Center

**308 Willow Avenue  
Hoboken, New Jersey  
201-418-1000  
Ext. 6555**

# Hoboken University Medical Center

## Dining Menu



by *sodexo*\*

**Some Items may not be appropriate  
for all diets; your host/hostess will  
assist you with the appropriate  
alternatives.**

**201-418-1000 ext. 6555**

## EXPRESSLY FOR YOU

### Breakfast Chef Special

#### Monday

OJ, Cream of Wheat, Pancakes, Sausage Links, Fruit Yogurt

#### Tuesday

Apple Juice, Oatmeal, French Toast, Grilled Ham, Banana

#### Wednesday

OJ, Raisin Bran Cereal, Scrambled Eggs, Bacon Strips, Corn Muffin

#### Thursday

Apple Juice, Cream of Wheat, Pancakes, Sausage Links, Banana

#### Friday

OJ, Bran Muffin, Oatmeal, Scrambled Eggs

#### Saturday

Apple Juice, Raisin Bran Cereal, French Toast, Bacon Strips, Banana

#### Sunday

OJ, Oatmeal, Scrambled Eggs, Hash Brown Potatoes

### Lunch Chef Special

#### Monday

Split Pea Soup, Hot Roast Beef Sandwich with Gravy, Summer Squash, Apple Pie

#### Tuesday

Garden Vegetable Soup, Grilled Chicken Breast, Country Parsley Potatoes, Baby Carrots, Peaches

#### Wednesday

Spaghetti with Meatballs, Sliced Carrots, Wheat Dinner Roll, Vanilla Pudding

#### Thursday

Chicken Rice Soup, Ropa Vieja over Noodles, Mixed Vegetables, Wheat Dinner Roll, Peaches

#### Friday

Garden Vegetable Soup, Macaroni & Cheese, Green Beans, Wheat Dinner Roll, Applesauce

#### Saturday

Lentil Soup, Stuffed Shells, Mixed Vegetables, Fresh Baked Chocolate Chip Cookies

#### Sunday

Beef Noodle Soup, Roasted Turkey, Oven Roasted Potato Wedges, Broccoli, Chocolate Pudding

### Dinner Chef Special

#### Monday

Mojo Pork Loin, Steamed Rice, Mixed Vegetables, Wheat Dinner Roll, Chocolate Pudding

#### Tuesday

Tossed Salad, Homestyle Meatloaf with Gravy, Whipped Potatoes, Greens Beans, Wheat Dinner Roll, Fruit Cup

#### Wednesday

Tossed Salad, Baked Tilapia, Oven Roasted Potato Wedges, Broccoli, Pears

#### Thursday

Tossed Salad, Arroz con Pollo (Chicken and Rice), Peas, Orange Gelatin

#### Friday

Tossed Salad, Baked Salmon, Brown Rice, Broccoli, Chocolate Cake

#### Saturday

Cilantro Roasted Chicken, Baked Potato, Summer Squash, Wheat Dinner Roll, Fruit Cup

#### Sunday

Tossed Salad, Pot Roast, Rice Pilaf, Steamed Green beans, Wheat Dinner Roll, Fruit Cocktail