

Deaconess Illinois Medical Center



		Monday 20-Apr	Tuesday 21-Apr	Wednesday 22-Apr	Thursday 23-Apr	Friday 24-Apr	
		MEATLESS				HOOK & HARBOUR	
SAVOR AM		grilled english muffin with double egg and cheese	loaded breakfast burrito	cinnamon roll breakfast sandwich	breakfast casserole / breakfast hash	lemon ricotta pancakes	
SAVOR	Entrées	stuffed shells marinara	southwest grilled chicken breast	salmon cakes with lemon aioli	chicken marsala with a light mushroom jus	garlic orange salmon	
		chicken parmesan	albondigas	tender pork loin filled with spinach, apples, dried berries and roasted nuts	slow roasted pot roast with a light pan gravy	grilled tilapia with pico de gallo	
	Vegetables	roasted broccoli with a medley of bell peppers	bbq seasoned carrots	flash fried yellow squash sprinkled with a breadcrumb gratin	orange scented asparagus with pine nuts	broccoli au gratin	
		braised mushrooms drizzled with balsamic & fresh herbs	spicy garlic green beans	spring kale and vegetable saute	cilantro lime roasted vegetables	roasted cauliflower with garlic & tomatoes	
	Starch	savory roasted ranch potatoes	seasoned corn & black beans	salted vinegar roasted potatoes	yukon gold smashed potatoes	wild rice	
		vegetable rice pilaf	Yellow Rice	garlic & herb scented angel hair pasta	garden rice pilaf	rosemary roasted potatoes	
	HOT PICK		meatball hoagie	smoked pork quesadilla	cuban grilled cheese	philly cheese steaks	assorted fried appetizers
	CHEF'S TABLE		pineapple fried cauliflower rice bowl	build your own salad bar	made to order omelets with roasted potatoes and thick cut bacon	baked potato bar	made to order panzini spring salad tossed in lemon vinaigrette with seared salmon