

TYLER COUNTY HOSPITAL

Hours: 11:00am until 1:00pm

August 13-17, 2018

HEART HEALTHY

MONDAY

Grilled Chicken 300 cal.
Macaroni Salad 165 cal.
Lettuce/ Tomato 25 cal.
Watermelon 57 cal.

TUESDAY

Baked Potato 158 cal.
LF Sour Cream 25 cal.
Side Salad 25 cal.
Jello w/ Topping 80 cal.

WEDNESDAY

Cold Turkey Sandwich 300 cal.
Baked Potato Chips 150 cal.
Lettuce /Tomato 25 cal.
Fruit 80 cal.

THURSDAY

Grilled Shrimp Louie Salad 300 cal.
Wheat Crackers 65 cal.
Pudding w/Topping 80 cal.

FRIDAY

Grilled Fish 180 cal.
Baked Fries 85 cal.
Side Salad 30 cal.
Fresh Fruit 80 cal.

REGULAR MEAL

MONDAY

Hamburgers
French Fries
Lettuce/Tomato/Cheese
Baked Beans
Brownies

TUESDAY

Baked Potato Bar
Barbeque Beef or Broccoli Cheese Soup
Cheese/Sour Cream/Chives/Bacon Bits
Carrot Cake

WEDNESDAY

Hot Beef Roast Sandwich w/ Cheese
Assorted Chips
Lettuce/Tomato
Cookies

THURSDAY

Chicken Tenders
Mashed Potato w/ Gravy
Corn on Cob
Peach Pie

FRIDAY

Fried Catfish/ Hot Wings
French Fries/ Onion Rings/ Hush Puppies
Assorted Sides
Coleslaw
Assorted Sides



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