




Main Campus

Breakfast 6:30am-9:30am

Lunch 11am-2:00pm






Oct 11-17

All  Items are the Heart Healthy Meal Choices for the Day!!




Monday

 Roasted Pork Loin	200 Cals	\$2.99	Carrot Souffle	235 Cals	\$1.50
Red Beans and Sausage	365 Cals	\$2.49	Buttered Corn	165 Cals	\$0.99
 Rotisserie Chicken	250 Cals	\$2.49	 Asparagus	45 Cals	\$1.50
Chicken Noodle Soup		\$2.00	 Winter Blend	45 Cals	\$0.99
Fresh Baked Dinner Roll	190 Cals	\$0.75	Sweet or Idaho Potatoes	100-150 Cal	\$1.00

Tuesday

Country Fried Steak	440 Cals	\$2.99	Mashed Potatoes	145 Cals	\$0.99
 Pesto Parmesan Chicken	260 Cals	\$2.49	Macaroni & Cheese	165 Cals	\$1.50
 Rotisserie Chicken	250 Cals	\$2.49	 Zucchini & Squash	45 Cals	\$0.99
White Gravy		\$0.25	 Cali Blend	45 Cals	\$0.99
 Butternut Squash Soup		\$2.00	Sweet or Idaho Potatoes	100-150 Cal	\$1.00
Fresh Baked Dinner Roll	190 Cals	\$0.75			





Wednesday

Chicken Marsala	400 Cals	\$2.99	White Rice	100 Cals	\$0.75
Beef Tips	425 Cals	\$3.49	Au Gratin Potatoes	200 Cals	\$0.99
 Rotisserie Chicken	250 Cals	\$2.49	 Peas	45 Cals	\$0.99
Corn & Shrimp Bisque		\$3.49	 Malibu Blend	45 Cals	\$0.99
Fresh Baked Dinner Roll	190 Cals	\$0.75	Sweet or Idaho Potatoes	100-150 Cal	\$1.00

Thursday

Barbacoa Street Tacos (2)	450 Cals	\$3.49	Diced Potatoes	225 Cals	\$0.99
Cheesy Chicken Fettuccine	450 Cals	\$2.49	Spanish Rice	120 Cals	\$0.75
 Rotisserie Chicken	250 Cals	\$2.49	Fire Roasted Corn & Jalapenos	165 Cals	\$0.99
Fresh Baked Dinner Roll	190 Cals	\$0.75	 Tuscany Blend	45 Cals	\$0.99
Chicken Tortilla Soup		\$2.00	Sweet or Idaho Potatoes	100-150 Cal	\$1.00
			White Queso		\$0.25

Friday

 Pineapple Glazed Ham	300 Cals	\$2.99	Sweet Potato Casserole	270 Cals	\$0.99
French Onion Chicken	300 Cals	\$2.49	Cornbread Dressing	150 Cals	\$0.99
 Rotisserie Chicken	250 Cals	\$2.49	 Roasted Brussel Sprouts	45 Cals	\$0.99
Chili		\$3.49	 Steamed Mixed Vegetables	45 Cals	\$0.99
Cornbread Muffin	220 Cals	\$0.75			

Saturday Spaghetti \$2.49

Sunday Fried Chicken Breast or Thigh \$2.49, wing or leg \$1.50


***Menu subject to change. Calories are based on strict portion sizes & will vary based on your individual serving & added condiments.*





Breakfast 7:00 am-9:00am
Lunch 11am-1:00pm
Oct 11th- Oct 15th

All  Items are the Heart Healthy Meal Choices for the Day!!

Monday

Smothered Pork Chop	350 Cals	\$2.49	Sweet Peas	65 Cals	\$0.99
Mexican Cornbread Casserole	380 Cals	\$3.49	 Malibu Blend Veggies	45 Cals	\$0.99
			Steamed Rice	100 Cals	\$0.75



Tuesday

Chili Dog	385 Cals	\$1.50	 Baked Sweet Potato	85 Cals	\$0.99
 Baked Fish	300 Cals	\$2.49	Vegetable Lomein	325 Cals	\$1.99
			Pork Eggrolls		\$0.99

Wednesday

Stuffed Bell Pepper	385 Cals	\$4.25	 Roasted Red Potatoes	100 Cals	\$0.99
 Baked Chicken	300 Cals	\$2.49	Italian Breaded Eggplant	75 Cals	\$0.99
			Garden Rice	100 Cals	\$0.99

Thursday

Meatloaf & Gravy	365 Cals	\$3.49	Smothered Cabbage	85 Cals	\$0.99
 Baked Turkey Wing	300 Cals	\$2.99	 Bermuda Blend Veggies	45 Cals	\$0.99
Chicken Enchilada Soup		\$2.99	Mashed Potatoes	100 Cals	\$0.99

Friday

Chicken Stew	350 Cals	\$2.99	Green Beans	65 Cals	\$0.99
Natchitoches Meat Pies		\$2.49	Steamed Rice	100 Cals	\$0.75
Crawfish Kickers		\$2.99			

Free chicken & sausage gumbo for all hospital employees this Friday!

Saturday Closed (Main Campus Bistro is open!)

Sunday Closed (Main Campus Bistro is open!)

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