



Iberia
MEDICAL CENTER

NORTH CAMPUS

Breakfast 7:00 am-9:00am

Lunch 11am-1:00pm



September 19th- September 23rd

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



Monday

Pork Loin	400 Cals	\$3.49	Steamed Rice	100 Cals	\$0.75
Sweet Chili Tenders	500 Cals	\$3.99	Green Beans	85 Cals	\$0.99
Dinner Roll		\$0.75	Baked Spaghetti	200 Cals	\$1.50
			Normandy Blend Veggies	45 Cals	0.99


Tuesday

 Grilled Chicken Breast	300 Cals	\$2.49	Mashed Potatoes	100 Cals	\$0.99
Chicken Fried Steak	550 Cals	\$2.99	 Capri Blend Veggies	65 Cals	\$0.99
Country Gravy		\$0.50	Steamed Broccoli	45 Cals	\$0.99
			Fried Okra		\$1.50


Wednesday

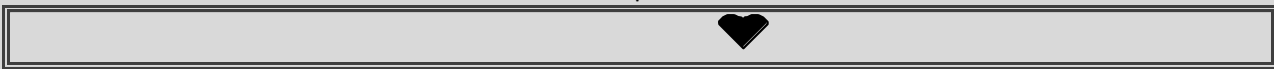
 Baked Chicken	350 Cals	\$2.49	 Bermuda Blend Veggies	65 Cals	\$0.99
Red Beans & Sausage	450 Cals	\$2.49	Steamed Rice	100 Cals	\$0.75
			Boudin Ball		\$0.99

Thursday

Lasagna	600 Cals	\$3.49	Roasted Red Potatoes	180 Cals	\$1.50
 Blackened Fish	300 Cals	\$3.99	Buttered Corn	65 Cals	\$0.99
Garlic Bread			California Blend Veggies	45 Cals	\$0.99

Friday

Beef Stew	550 Cals	\$3.49	Steamed Rice	100 Cals	\$0.75
Hot Dog		\$2.49	 Steamed Vegetables	45 Cals	\$0.99
Add Chili		\$3.49	Seasoned Fries		\$1.15
Add Cheese		\$0.50			



Saturday Closed (Main Campus Bistro is open!)

Sunday Closed (Main Campus Bistro is open!)

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




Main Campus

Breakfast 6:30am-9:30am

Lunch 11am-2:00pm

Sept 19-25

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




Monday

Country Fried Steak	440 Cals	\$2.99	Mashed Potatoes	145 Cals	\$0.99
 Pesto Parmesan Chicken	260 Cals	\$2.49	Carrot Souffle	265 Cals	\$1.50
 Rotisserie Chicken	250 Cals	\$2.49	 Zucchini & Squash	45 Cals	\$0.99
White Gravy		\$0.25	 Winter Blend	45 Cals	\$0.99
Italian Wedding Soup		\$2.49	Sweet or Idaho Potatoes	100-150 Cal	\$1.00
Dinner Roll	190 Cals	\$0.75			


Tuesday

Chicken Cordon Bleu	430 Cals	\$3.49	Alfredo Pasta	400 Cals	\$0.99
 Seared Salmon	200 Cals	\$3.49	Roasted Potatoes	200 Cals	\$0.99
 Rotisserie Chicken	250 Cals	\$2.49	Corn Casserole	170 Cals	\$1.50
Fresh Baked Dinner Roll	190 Cals	\$0.75	 Tuscany Blend	45 Cals	\$0.99
 White Bean Chicken Chili		\$2.00	Sweet or Idaho Potatoes	100-150 Cal	\$1.00

Wednesday

Pork and Sausage Jambalaya	400 Cals	\$3.49	Fried Okra	250 Cals	\$0.99
Chicken Marsala	400 Cals	\$2.99	Baked Beans	165 Cals	\$0.99
 Rotisserie Chicken	250 Cals	\$2.49	 Smothered Greens	45 Cals	\$0.99
Broccoli Cheese Soup		\$2.00	 Cali Blend	265 Cals	\$0.99
Fresh Baked Dinner Roll	220 Cals	\$0.75	Sweet or Idaho Potatoes	100-150 Cal	\$1.00

Thursday

Meatloaf	375 Cals	\$3.49	Mashed Potatoes	145 Cals	\$0.99
Louisiana Purchase Pasta	395 Cals	\$2.99	Corn Macque Choux	165 Cals	\$0.99
 Rotisserie Chicken			 Green Beans	90 Cals	\$0.99
Chili		\$3.49	 Lima Beans	90 Cals	\$0.99
Garlic Toast	150 Cals	\$0.75	Sweet or Idaho Potatoes	100-150 Cal	\$1.00

Friday

Pork Roast & Gravy	380 Cals	\$3.49	Steamed Rice	65 Cals	\$0.99
 Seafood Stuffed Chicken	265 Cals	\$2.99	Mashed Potatoes	145 Cals	\$0.99
 Rotisserie Chicken	250 Cals	\$2.49	 Sweet Peas	65 Cals	\$0.99
Soup Du Jour			 Malibu Blend	45 Cals	\$0.99
Fresh Baked Dinner Roll	190 Cals	\$0.75	Sweet or Idaho Potatoes	100-150 Cal	\$1.00

Saturday Spaghetti \$2.49

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

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