



Titus Regional Medical Center
Cafeteria Menu

Monday February 20

Chicken Parmesan
California Mixed Vegetables
Zucchini Saute
Beef Enchiladas
Pico De Gallo
Refried Beans
Mexican Rice

Grill & Soup

Grilled Turkey Melt on Sourdough, Tater Tots
Chicken Tortilla, Cream of Potato

Tuesday February 21

Tusan Herb Cod
Fresh Spinach
Rasberry Chipotle Baked Ham
Corn
Mashed Sweet Potatoes
Cornbread

Grill & Soup

Sante Fe Chicken Breast Sandwich, Onion Rings
Italian Wedding, Wisconsin Cheese

Wednesday February 22

Balsamic Grilled Flank Steak
Green Beans
Cajun Pecan Chicken Breast
Summer Squash Medley
Oven Browned Potatoes

Grill & Soup

Monte Cristo Sandwich, Cheesy Fries
Vegetable Beef, Cream of Broccoli

Thursday February 23

Roasted Turkey Breast
Poultry Gravy
Bread Dressing
Roasted Sweet Potatoes
Prize Winning Spareribs
Collard Greens w/Ham

Grill & Soup

Italian Sausage Sandwich, Curley Fries
Chicken & Sausage Gumbo, Thick & Zesty Chili

Friday February 24

Beef Stroganoff
Egg Noodles
Green Beans
Crispy Baked Tilapia
Sliced Carrots
Oven Browned Potatoes

Grill & Soup

Eggplant Reuben, Criss Cut Fries
Garden Vegetable, New England Clam Chowder

Green color indicates Heart Healthy Choice