

# WISE HEALTH SYSTEM

May 19 - 25

(V) = Vegetaria • = Low Carb

LUNCH	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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ENTRÉE	Grill	Salisbury Steak & Gravy	Chopped Brisket Sandwich (BBQ optional)	Bean & Beef Chalupa w/ Guacamole	Meatloaf	Mahi Mahi Fish Tacos w/ Cilantro Remolaude Sauce	Grill
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or

ENTRÉE	Garlic Butter Salmon	Green Chile Cheese Chicken	Spinach Raviloi w/ Marinara or Alfredo (V)	Hot & Spicy Wings	Baked Potato Bar (Reg or Sweet) (V)	Lemon Pepper Grilled Chicken Breast	Chicken & Cheese Quesadilla
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STARCH	Parsley Potatoes	Scalloped Potatoes	Blackeyed Peas	Mex Rice; Charro Beans	Mac & Cheese	Rice Pilaf; Corn Fritters	Mex Rice; Refried Beans
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VEGETABLE	Spinach	Sicilian-blend Veggies	Italian Green Beans; Fried Okra	Steamed Broccoli	Green Beans; Whole Baby Carrots	Asparagus	Side Salad
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SOUP	n/a	Baja Chicken Enchilada; Broccoli Cheese (V)	Jambalaya; Wisconsin Cheese (V)	Creamy Chicken Poblano; Cuban Black Bean (V)	Chicken & Sausage Gumbo; Minestrone (V)	Ultimate Baked Potato; Roasted Red Pepper & Smoked Gouda (V)	Soup of the Day (V)
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BREAD	Garlic Bread	Wheat Roll	Garlic Bread	Cornbread	Wheat Roll	Corn or Flour Tortilla	n/a
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DINNER	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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ENTRÉE	<b>CLOSED</b>	Homemade Beef Stew	Grilled Chicken Sandwich	Chicken & Dumplings	Texas Cheesesteak Sandwich	Steak Fingers & Cream Gravy	<b>CLOSED</b>
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STARCH		Tator Tots	Steak Fries	Mac & Cheese	Carrots	Mashed Potatoes	
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VEGETABLE		Side Salad	Lettuce, Tomato, Pickle, Onion	4-way Veggies	Fried Okra	Green Beans	
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BREAD		Corn Muffin		Cornbread		Biscuit	
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