

TYLER COUNTY HOSPITAL

Hours: 11:00am until 1:00pm

HEART HEALTHY

MONDAY

Homemade Celery Soup 100 cal.
LS FF Hot Ham and Cheese Melt 200 cal.
Lettuce/ Tomato 25 cal.
Fruit 80 cal.

TUESDAY

Turkey Stuffed Peppers 200 cal.
Roasted Cauliflower 30 cal.
Wheat Roll 75 cal.
SF Banana Pudding 80 cal.

WEDNESDAY

Vegetable Pizza 298 cal.
Side Salad 30 cal.
SF Ice Cream 80 cal.

THURSDAY

Lemon Pepper Chicken 160 cal.
Garden Rice 200 cal.
California Vegetables 35 cal.
Fruit 80 cal.

FRIDAY

Baked Fish 180 cal.
Baked Fries 85 cal.
Side Salad 30 cal.
SF Jello 60 cal.

January 15-19, 2018

REGULAR MEAL

MONDAY

Homemade Lasagna
Green Beans
Garlic Bread
Frosted Chocolate Cake

TUESDAY

Chicken Tenders
Mashed Potato w/ Gravy
Field Peas and Snaps
Dinner Roll
Banana Pudding

WEDNESDAY

Assorted Pizza
Side Salad
Assorted Pies

THURSDAY

Chicken Fry Steak
Mashed Potato w/ Gravy
English Peas
Dinner Rolls
Cookies

FRIDAY

Fried Catfish/ Barbecue Pork on Bun
French Fries/Onion Rings/ Hush Puppies
Assorted Sides
Coleslaw
Assorted Desserts

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