

# TYLER COUNTY HOSPITAL

Hours: 11:00am until 1:00pm

## HEART HEALTHY

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### MONDAY

LF Chili w/ Beans 160 cal.  
White Rice 97 cal.  
Green Beans 35 cal.  
LF Cornbread 117 cal.  
Fruit of Choice 80 cal.

### TUESDAY

Sausage and Rice Stuffed Bell Pepper 377 cal.  
Garden Vegetables 35 cal.  
Wheat Roll 75 cal.  
SF Chocolate Pudding w/ Topping 100 cal.

### WEDNESDAY

Veggie Pizza 298 cal.  
Side Salad 30 cal.  
SF Lemon Cookies 80 cal.

### THURSDAY

LF Beef Stroganoff 311 cal.  
Carrots 25 cal.  
Wheat Roll 75 cal.  
Pineapple Slices 80 cal.

### FRIDAY

Baked Fish 180 cal.  
Baked Fries 85 cal.  
Side Salad 30 cal.  
SF Ice Cream 80 cal.

March 12-16, 2018

## REGULAR MEAL

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### MONDAY

Chicken and Dumplings  
Peas and Carrots  
Dinner Roll  
Marble Chocolate Cake w/ Frosting

### TUESDAY

Beef Roast  
Au Gratin Potatoes  
Spinach Casserole  
Dinner Roll  
Blueberry Pie

### WEDNESDAY

Assorted Pizza  
Olive Garden Salad  
Cookies

### THURSDAY

Chicken Tenders  
Mashed Potatoes w/ Gravy  
Field Peas  
Dinner Roll  
Brownies

### FRIDAY

Fried Catfish/ Barbeque Wings  
French Fries/ Onion Rings/ Hush Puppies  
Assorted Sides  
Coleslaw  
Assorted Desserts

TRY OUR WEB SITE: [www.tchospital.us](http://www.tchospital.us)



**DON'T FORGET TO  
CHANGE YOUR CLOCKS TO  
DAYLIGHT- SAVING TIME**