



May 2026 Lunch Menu

Café Hours: M-F 6:30-AM – 3:00 PM

Serving Hot Breakfast 6:30AM to 9:30 AM

Serving Hot Lunch: 11:00 AM to 1:30 PM

Happy Hour: 2:00pm-3:00pm

At least 4 out of 5 lunch meals we serve during the week follow the plate method, which encourages a balanced plate: half filled with non-starchy vegetables, one-quarter with lean protein, and one-quarter with healthy carbohydrate. The Apple a Day café only uses lean cooking techniques such as baking, broiling, boiling, grilling, roasting, and air frying to prepare our meals. Menu approved by RD. Milk available upon request.

1st
Herb Grilled Pork Chops
Roasted Parmesan Cauliflower
Roasted Sweet Potatoes

Macaroni and Cheese
Vegetarian Chili

4th
Meatball Subs
Apple and Kale Salad
Assorted Chips

Cheese Ravioli
Beef and Barley Soup

5th
Chunky Chicken Salad or Egg Salad on leaf lettuce or Croissant
Roasted Red Pepper Hummus with Fresh Cut Vegetables
Rosemary Muffins

Vegetable Beef Soup

6th
Chicken or Beef Tacos
Garden Salsa
Fiesta Black Beans
Spanish Rice

Roasted Poblano Queso and Chips

Wicked Thai Soup

7th
General Tso's Chicken
Stir Fry Vegetable Blend
Fried Rice

Vegetable Egg Roll
Tofu Stir Fry

Smokey Poblano Soup

8th
Cajun Seasoned Cod
Southern Green Beans
Cornbread Casserole

Creamy Shells Florentine
Tomato Basil Soup

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11th
Hamburgers
Waffle Fries
Waldorf Salad
Jello Mold

Vegetable Burgers
French Onion Soup



12th
Meat Loaf
Peas
Mashed Potatoes and Gravy
Ambrosia Salad

Chicken and Gnocchi Soup



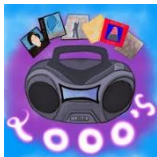
13th
Hospital Week Employee Cookout

Salad Bar
Grab n' Go options
Cheeseburger Soup
Chili



14th
Build a Burrito Bowl
Chicken, beef, fajita veggies, poblano queso
Cilantro Rice
Garden Salsa
Guacamole

Chicken Tortilla Soup



15th
Bourbon Glazed Salmon or Chicken
Cesar Salad
Green Beans
Creamy Risotto

Smokey Poblano Soup



18th
Butter Chicken with Bell Peppers
Steamed Broccoli
Basmati Rice

Grilled Veggie Bake
Pasta Faggioli Soup

19th
BBQ Pork Chop
Green Beans
Party Potatoes

Shells Florentine
Smokey Poblano Soup

20th
Chicken, Carne Asada, or Veggie Fajitas
Grilled Spanish Style Zucchini
Spanish Rice

Roasted Poblano Queso or Guacamole with Chips

Chicken and Rice Soup

21st
Caribbean Jerk Chicken Breast w/ Grilled Pineapple
Fresh Vegetable Medley
Roasted Sweet Potatoes

Cheese Ravioli w/ Marinara
Tomato Basil Soup

22nd
Twice baked cauliflower
Super Salad
Rice Pilaf

Vegetable Lasagna

Chicken and Gnocchi Soup

25th
Please Enjoy Room Service.



26th
Burgers and Brats
Macaroni Salad
Watermelon
Macaroni and Cheese
Baked Beans

Shells Florentine
Potato Soup

27th
Chicken or Shrimp Tacos w/Lime Slaw
Spanish roasted Cauliflower
Cilantro Lime Rice

Fresh Guacamole or Salsa Verde w/Corn Chips

Broccoli Cheddar Soup

28th
Chicken and Green Bean Stir Fry
White Rice
Stir Fry Veggies

Vegetable Egg Rolls
Teriyaki Tofu Stir Fry

Tomato Basil Soup

29th
Grilled Honey Mustard Cod
Roasted Brussels Sprouts
Half sweet potato

Mushroom Stroganoff

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