

# Cafeteria menu *at* Russell Medical Center



## Cafe Hours

Mon- Fri Breakfast 6:30am - 9:30am / Lunch 11:00am -1:30pm  
Sat and Sun.

Breakfast 6:30am - 9:00am / Lunch 11:00am - 1:00pm

Closed for Supper

### July 5-11

**Sunday:** Baked Porkchops, Meatloaf  
Fried Okra, Blackeyed Peas, Cabbage  
Mashed Potatoes & Gravy

**Monday:** Grilled Ribeye, Fried Porkchops  
Baked Potato, Field Peas, Butter Beans  
Brussel Sprouts

**Tuesday:** Grilled Chicken Fingers, BBQ Ribs  
Potato Wedges, Baked Beans, Green Beans  
Cabbage and Onion Rings

**Wednesday:** Taco Salad, Fried Tilapia  
Hushpuppies, White Rice, Pinto Beans  
Green Beans and French Fries

**Thursday:** Whole Catfish, Chicken Pot Pie  
Hushpuppies, Broccoli, Cheesesauce  
Shoepg Corn, French Fries and Coleslaw

**Friday:** BBQ Porkchops, Chicken Fried Steak  
Mashed Potatoes & Gravy, English Peas, Squash

**Saturday:** Corn Dogs, Sloppy Joes  
Corn, Greenbeans, French Fries

### July 12-18

**Sunday:** Baked Chicken, Beef Stew  
Rice, , Black-Eyed Peas,  
Cream Corn, Squash

**Monday:** Fried Chicken Fingers, Patty Melt  
Okra & Tomatoes, Broccoli & Cheesesauce  
Corn Nuggets, French Fries

**Tuesday:** Herb Baked Chicken, Roastbeef  
Roasted Potatoes, Blackeyed Peas,  
Macaroni & Cheese, Turnip Greens

**Wednesday:** Hamburger Steak, Chicken & Dumplins  
Brown Gravy, White Rice, Fried Okra,  
Broccoli & Cheese

**Thursday:** Grilled Pork Chops, Meatloaf  
Mashed Potatoes, Gravy, English Peas,  
Fresh Squash

**Friday:** Fried Catfish Fillet, Italian Porkloin Cheese Sauce  
Hush Puppies, Greenbeans, Glazed Carrots, Blackeyed Peas  
French Fries, Cole Slaw

**Saturday:** Chicken Fingers, Hamburger  
Baked Beans, Corn Nuggets Green Beans,  
French Fries

### July 19-25

**Sunday:** Fried Chicken, Roastbeef w/Au Jus  
Mashed Potatoes, Gravy, Roasted Vegetables  
Greenbeans, Fried Okra, Cream Corn

**Monday:** BBQ Chicken, Savory Beef Stew  
White Rice, Cabbage, Greenbean Casserole  
Vegetable Medley, Baby Limas

**Tuesday:** Fried Porkchops, Smothered Chicken  
Corn O' Brian, Black-eyed Peas, Turnip Greens  
Onion Rings

**Wednesday:** Chicken Fried Steak, Blackened Catfish  
Okra & Tomato, Purple Hull Peas, Mashed Potatoes & Gravy  
Sweet Potato fries

**Thursday:** Boston Butt, Fried Chicken  
Butter Beans, Cream Corn, Fried Okra  
Collaed Greens

**Friday:** Fried Catfish Strips, Spaghetti Casserole  
Northen Beans, Broccoli, Cheesesauce, Fries  
Mixed Vegetables, Hush Puppies

**Saturday:** Grilled Cheese, Hotwings  
French Fries, Chef's Choice  
Tomato Soup

## Theme Bar

	<b>Monday:</b>	<b>Tuesday:</b>	<b>Wednesday:</b>	<b>Thursday:</b>	<b>Friday:</b>
July 6-10	Chicken Fingers & Fries	Cajun Pasta	Black & Bleu & Caesar Salad	Chicken Quesadilla	BBQ Salad or Sandwich
July 13-17	Prime Rib	Philly Steak	Black & Bleu & Caesar Salad	Chicken Sandwich	Burrito Bar
July 20-24	Stuffed Potato Bar	Beef Brisket	Black & Bleu & Caesar Salad	Hamburger Bar	Thai Chicken

## BREAKFAST MENU

Sausage Patties, Sausage Links, Bacon, Grits, Eggs, Biscuits, Ham, Oatmeal,  
Hash Browns, Boiled Eggs, Country Gravy, Cheese Grits

**Monday:**\*Hashbrown Casserole \*

**Tuesday:**\*Waffles \*

**Wednesday:**BreakfastCasserole

**Thursday:**\*Waffles\*

**Friday:**\*Hashbrown Casserole\*

**Saturday:**Country Gravy

**Sunday:**