

# 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

Menu subject to change without notice

### February 5 - 11

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

**Monday:** Ribeye Steak, Fried Porkchop, Baked Potato,  
Butter Beans, Brussel Sprouts, Blackeyed Peas

**Tuesday:** Grilled Chicken Tenders, BBQ Ribs, Potato Wedges,  
Baked Beans, Green Beans, Cabbage

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

**Thursday:** BBQ Pork Chop, Chicken Fried Steak  
Mashed Potatoes, Gravy, English Peas, Squash

**Friday:** Whole Catfish, Chicken Pot Pie, Hushpuppies  
Broccoli, Cheesesauce, Shoepeg Corn, Fries, Coleslaw

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

### February 12 - 18

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

**Monday:** Fried Chicken Fingers, Patty Melt, Okra & Tomatoes,  
Cauliflower, Cheesesauce, Mixed Veggies, French Fries

**Tuesday:** Fried Chicken, Pot Roast, Roasted Potatoes, Blackeyed  
Peas, Corn O'Brian, Turnip Greens

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

**Thursday:** Grilled Pork Chop, Meatloaf, Mashed Potatoes/Gravy  
English Peas, Fresh Squash and Mixed Veggies

**Friday:** Fried Catfish, Italian Porkloin, Fries,  
Hushpuppies, Blackeyed Peas, Carrots, Greenbeans

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

### February 19 - 25

**Sunday:** Fried Chicken, Pot Roast, Roasted Vegetables/Potatoes  
Greenbeans, Fried Okra, Cream Corn

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

**Tuesday:** Fried Porkchops, Chicken Teriyaki & Fried Rice  
Macaroni & Cheese, Black-eyed Peas, Turnip Greens, Stir Fried Veggies

**Wednesday:** Chicken Fried Steak, Spare Ribs  
Okra & Tomato, Pinto Beans, Mashed Potatoes & Gravy  
Corn on the Cob

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

**Friday:** Catfish Nuggets, Lasagna,  
Garlic Bread, Broccoli, Cheese Sauce,  
Fries, Mixed Veggies, Hushpuppies

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

## Theme Bar

	Monday:	Tuesday:	Wednesday:	Thursday:	Friday:
Feb, 6 - 10	Mini Pizza	Pasta Bar	Black & Bleu	Hot Dog w/Fries	Chicken Tenders
Feb. 13 - 17	Prime Rib	Grilled Burgers	Fish & Chip Basket	Wings W/Fries Mild Medium Hot	Steak Quesadilla
Feb. 20 - 24	BLT Turkey Wrap	Greek Pita Sandwich	Black & Bleu	Philly Steak	RMC Chicken Sand./Fries

### BREAKFAST MENU

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

Monday-Friday Soup Of The Day: Chefs Choice