



SSMHealth.

Our Menu Selections

St. Agnes Hospital Creekside Café Week of September 26, 2022

Monday

Breakfast:	Breakfast Burrito
Soups:	Split Pea w/ Ham and Bacon - Curried Sweet Potato
Entree:	Mushroom Ravioli with Roasted Zucchini Red Sauce
Sides:	Asparagus with Farro and Tomatoes - Bean and Carrot Blend Kung Pao Cauliflower
Chef's Feature:	Mediterranean Salad Bowl with Hummus
Grill:	Mac and Cheese Stuffed Grilled Cheese

Tuesday

Breakfast:	Strawberry Waffle
Soups:	Tastes Like Lasagna - Chicken Fajita
Entree:	Honey Garlic Salmon
Sides:	Honey Roasted Red Potatoes - Mandarin Vegetable Blend Roasted Brussels Sprouts w/Bacon
Chef's Feature:	Thai Peanut Chicken
Grill:	French Dip Sandwich

Wednesday

Breakfast:	Made to Order Omelet
Soups:	Red Potato Cheddar - Chicken and Dumpling
Entree:	Roasted Tomato Pesto Chicken Breas
Sides:	Green Beans - Roasted Squash w/ Bell Peppers Roasted Potatoes w/ Thyme - Cauliflower Risotto
Chef's Feature:	Southwest Chicken Salad
Grill:	Cheddar Crusted Grilled Cheese Club



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Thursday

Breakfast:	Breakfast Pizza
Soups:	Chicken Chili Verde - Beef Barley
Entree:	Caramelized Onion Braised Flank Steak
Sides:	Au Gratin Potatoes - Roasted Broccoli and Carrots Buttered Corn
Chef's Feature:	Buffalo Cauliflower Crunch Bowl
Grill:	Chicken and Waffles w/Maple Bacon Marmalade

Friday

Breakfast:	Banana Nut Whole Wheat Pancake
Soups:	Tomato - Cheeseburger Chowder
Entrees:	Honey Cashew Salmon Chicken Parmesan w/Rotini
Sides:	Garden Blend Vegetables - Sweet Potatoes Whole Green Beans - Whole Grain Rotini
Chef's Feature:	Chipotle Chicken Bowl
Grill:	Grilled Three Cheese Sandwich

***Hours of Operation: Monday through Friday 6:30 am - 6:30 pm
Saturday and Sunday 7 am - 2 pm***

**Weekday Grill Hours: 6:30 - 10 am; 11 am - 1:30 pm
Evening and Weekend Grill Hours: Limited hot items available**

***Executive Chef: Rich Nimkie
Hospitality Services Director: Donna Pierce***



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Monday Week 4

Mushroom Ravioli/Zucchini Red Sauce v

Allergens: Wheat, Egg, Milk Serving Size-10 oz.

Total Cal...270 Sugars...7g Sodium...450mg Fiber... 3g Carbs...42g Total Fat...6g
Protein...13g Sat Fat...2.5g Total Chol...35mg Trans-fat...0g

Bean and Carrot Blend Vg G

Allergens: None Serving Size-3/4 Cup

Total Cal...25g Sugars...1g Sodium...10mg Fiber... 2g Carbs...6g Total Fat...0g Protein...4g
Sat Fat...0g Total Chol...0mg Trans-Fat...0g

Kung Pao Cauliflower Vg

Allergens: Soy, Wheat, Tree Nuts Serving Size ¾ C.

Total Cal...200 Sugars...25g Sodium...525mg Fiber... 4g Carbs...34g Total Fat...5g Protein...4g
Sat Fat...1g Total Chol...0mg Trans-Fat...0g

Asparagus w/ Farro and Tomatoes Vg G

Allergens: None Serving Size- 3/4 Cup

Total Cal...220 Sugars...4g Sodium...60mg Fiber... 7g Carbs...26g Total Fat...10g Protein...7g
Sat Fat...0.5g Total Chol...0mg Trans-Fat...0g



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Tuesday Week 4

Honey Garlic Salmon G

Allergens: Fish Serving Size-1 Fillet

Total Cal...210 Sugars...5g Sodium...360mg Fiber... 0g Carbs...10g Total Fat...8g Protein...23g
Sat Fat...2.5g Total Chol...60mg Trans-Fat...0g

Oriental Vegetable Blend Vg G

Allergens: None Serving Size-3/4 cup

Total Cal...30 Sugars...2g Sodium...10mg Fiber... 2g Carbs...5g Total Fat...0g Protein...1g
Sat Fat...0g Total Chol...0mg Trans-Fat...0g

Honey Roasted Potatoes V G

Allergens: None Serving Size-1/2 cup

Total Cal...140 Sugars...14g Sodium...105mg Fiber...2g Carbs...28g Total Fat...3g
Protein...2g Sat Fat...0g Total Chol...0mg Trans-Fat...0g

Roasted Brussels Sprouts w/ Bacon G

Allergens: None Serving Size-3/4 cup

Total Cal...100 Sugars...2g Sodium...135mg Fiber... 4g Carbs...10g Total Fat...5g Protein...7g
Sat Fat...1.5g Total Chol...10mg Trans-Fat...0g



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Wednesday Week 4

Roasted Tomato and Pesto Chicken

Allergens: Milk, Soy, Wheat, Tree Nuts

Serving Size-1 Breast/Sauce

Total Cal...240 Sugars...5g Sodium...490mg Fiber... 2g Carbs...9g Total Fat...9g Protein...31g
Sat Fat...2.5g Total Chol...70mg Trans-fat...0g

Roasted Potatoes w/ Thyme **Vg G**

Allergens: None Serving Size-1/2 cup

Total Cal...110 Sugars...1g Sodium...5mg Fiber... 2g Carbs...18g Total Fat...3g Protein...2g
Sat Fat...0g Total Chol... 0mg Trans-Fat...0g

Roasted Squash w/ Bell Peppers **Vg G**

Allergens: None Serving Size-3/4 Cup

Total Cal...40 Sugars...4g Sodium...20mg Fiber...2g Carbs...14g Total Fat...0g Protein...8g
Sat Fat...0g Total Chol...0mg Trans-Fat...0g

Cauliflower Risotto **V**

Allergens: Soy, Milk, Wheat, Egg Serving Size-3/4 cup

Total Cal...110 Sugars...3g Sodium...330mg Fiber... 3g Carbs...8g Total Fat...8g Protein...3g
Sat Fat...2.5g Total Chol...0mg Trans-Fat...0g

Green Beans **Vg G**

Allergens: None Serving Size-3/4 cup

Total Cal...40 Sugars...0.5g Sodium...15mg Fiber... 3g Carbs...7g Total Fat...0g Protein...2g
Sat Fat...0g Total Chol...0mg Trans-Fat...0g



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Thursday Week 4

Caramelized Onion Braised Flank Steak **G**

Allergens: Soy Serving Size-5 oz.

Total Cal...190 Sugars...5g Sodium...45mg Fiber... 1g Carbs...15g Total Fat...9g Protein...24g
Sat Fat...3g Total Chol... 60mg Trans-Fat...0g

Au Gratin Potatoes **Vg G**

Allergens: None Serving Size-3/4 cup

Total Cal...100 Sugars...3g Sodium...240mg Fiber...1g Carbs...22g Total Fat...1g Protein...2g
Sat Fat...0g Total Chol... 0mg Trans-Fat...0g

Roasted Broccoli and Carrots **Vg G**

Allergens: Soy Serving Size-1/2 cup

Total Cal...60 Sugars...4g Sodium...60mg Fiber...5g Carbs...13g Total Fat...1g Protein...3g
Sat Fat...0g Total Chol...0mg Trans-Fat...0g

Buttered Corn **V G**

Allergens: Milk Serving Size-3/4 cup

Total Cal...110 Sugars...3g Sodium...5mg Fiber... 3g Carbs...19g Total Fat...2.5g
Protein...2g Sat Fat...1g Total Chol...5mg Trans-Fat...0g



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Friday Week 4

Honey Cashew Salmon **G**

Allergens: Fish Serving Size-1 Fillet

Total Cal...250 Sugars...10g Sodium...380mg Fiber... 0g Carbs...13g Total Fat...11g
Protein...24g Sat Fat...1.5g Total Chol...65mg Trans-fat...0g

Chicken Parmesan w/ Rotini

Allergens: Wheat, Milk Serving Size- 1 Breast/topping/pasta

Total Cal...420 Sugars...11g Sodium...820mg Fiber... 6g Carbs...49g Total Fat...13g Protein...28g
Sat Fat...3g Total Chol...50mg Trans-Fat...0g

Whole Grain Rotini **Vg**

Allergens: None Serving Size-3/4 cup

Total Cal...200 Sugars...2g Sodium...0mg Fiber... 6g Carbs...41g Total Fat...1.5g Protein...7g Sat Fat...0g
Total Chol... 0mg Trans-Fat...0g

Sweet Potatoes **V G**

Allergens: Milk Serving Size-1/2 cup

Total Cal...80 Sugars...5g Sodium...25mg Fiber...3g Carbs...17g Total Fat...1g Protein...2g Sat Fat...0g
Total Chol... 5mg Trans-Fat...0g

Garden Blend Vegetables **Vg G**

Allergens: None Serving Size-3/4 cup

Total Cal...40 Sugars...1g Sodium...10mg Fiber... 3g Carbs...8g Total Fat...0g Protein...2g
Sat Fat...0g Total Chol...0mg Trans-Fat...0g

Whole Green Beans **Vg G**

Allergens: None Serving Size-3/4 cup

Total Cal...40 Sugars...0.5g Sodium...15mg Fiber... 3g Carbs...7g Total Fat...0g Protein...2g
Sat Fat...0g Total Chol...0mg Trans-Fat...0g