



Watch for Wellness and You! Menu Solutions...

...good food that tastes great
is your reason for
eating healthy!

Wellness entrees and salad recipes
were developed by our regional
and national chefs and dietitians.

Better By Design
has healthier cuisine...

Hours Of Operation

Monday -Sunday

Breakfast

7:30am-9:00am

Lunch

11:30am -2:00pm

Dinner

4:30pm-6:00pm

Manager
Paul Etzel
ext. 8563

LewisGale Hospital Pulaski

Week of Monday October 3

Monday

Entree: Open Faced Roast Beef Sandwich
Southern Fried Chicken
Fish Fillet Sandwich 🍷
Buffalo Chicken Meltdown
Waldorf Salad
Minestrone Soup

Tuesday

Entree: Stuffed Chicken Breast
Crispy Parmesan Tilapia
Grilled Chicken Breast 🍷
Meatball Sub
Turkey & Bacon Club Sandwich
Supreme Pizza

Wednesday

Entree: Fried Breaded Pork Cutlet
Chicken Pot Pie with Biscuit
Chinese Pepper Steak 🍷
Roast Beef & Caramelized Onions Panini
Italian Wedding Soup
Cucumber Salad 🍷

Thursday

Entree: Baked Cheese Manicotti With Marinara
Deep Fried Chicken Strips
Lean Shepherd's Pie
Italian Sub
Italian Meat Lovers Pizza
French Fried Mozzarella Sticks

Friday

Entree: Glazed Baked Ham
BBQ Beef Brisket
Fried Chicken Livers
Pepperoni Stromboli
Pinto Beans with Ham
Cilantro Chicken Panini 🍷

Saturday

Entree: Lemon Pepper Chicken Breast
Beef Stew
BLT Sandwich
Grilled Chicken Breast 🍷
Supreme Pizza

Sunday

Entree: Roast Beef
Cheese Ravioli with Marinara 🍷
Grilled Chicken Breast 🍷
Ground Beef Pizza

