

Starr County Memorial Hospital Cafeteria

week 2

5/20/24

5/21/24

5/22/24

5/23/24

5/24/24

5/25/24

5/26/24

Monday (1)

Peach & Pear Cup (1/2 cup)
Scrambled Eggs (#16 dipper)
Crisp Bacon (1 slice)
Hot Oatmeal * (1/2 cup)
Waffles (1)
1% or Skim Milk (8 oz)
Coffee (6 oz)
Wheat Toast (1 slice)
Sugar (3 packets)
Salt (1 packet)
Pepper (1 packet)
Nondairy Creamer (3)
Syrup (1 packet)

Choice: pigs in
blanket, Pan cakes

Tuesday (2)

Tropical Fruit (1/2 cup)
Chorizo Scrambled Eggs (#16
dipper)
Refried Beans* (#16 dipper)
Hot rice cereal * (1/2c)
1% or Skim Milk (8 oz)
Coffee (6 oz)
Flour tortilla exquisita (1 tortilla)
Sugar (3 packets)
Salt (1 packet)
Pepper (1 packet)
Nondairy Creamer (3)
Choice: Migas a la mexicana

Pan cakes

Wednesday (3)

Diced Pears (1/2 cup)
Scrambled Eggs (#16 dipper)
Sausage Patty (1 oz)
Hot Oatmeal * (1/2 cup)
1% or Skim Milk (8 oz)
Coffee (6 oz)
Biscuit (1)
Sugar (2 packets)
Salt (1 packet)
Pepper (1 packet)
Nondairy Creamer (2)
Choice: K taco

Choice: French toast K-taco

Thursday (4)

Pineapple & Bananas (1/2 cup)
Machacado con huevo a la Mex
()
Malt-o-Meal (1/2 cup)
Refried Beans* (#16 dipper)
1% or Skim Milk (8 oz)
Coffee (6 oz)
Flour tortilla (1)
Sugar (2 packets)
Salt (1 packet)
Pepper (1 packet)
Nondairy Creamer (2)
Salsa (1 T)

Choice: Pork carmitas
Waffles

Friday (5)

Crushed Pineapple (1/2 cup)
Country Hash Browns patty (1
patty)
Hot rice cereal (1/2c)
Scrambled Eggs (#16 dipper)
1% or Skim Milk (8 oz)
Coffee (6 oz)
Biscuit (1)
Sugar (3 packets)
Salt (1 packet)
Pepper (1 packet)
Nondairy Creamer (2)
Jelly (1 packet)

Choice: Omelette
Pancakes

Saturday (6)

Strawberry fresh whole w/lite
yogurt (3/4 cup)
Potato w/ chorizo (1/4 cup)
Refried Beans* (#16 dipper)
Malt-o-Meal (1/2 cup)
1% or Skim Milk (8 oz)
Coffee (6 oz)
Flour tortilla exquisita (1 tortilla)
Sugar (3 packets)
Salt (1 packet)
Pepper (1 packet)
Nondairy Creamer (2)

Choice: French toast

Sunday (7)

Sliced Banana in Orange Juice
(1/2 cup)
Potato & Egg (2 oz)
Hot Oatmeal * (1/2 cup)
1% or Skim Milk (8 oz)
Coffee (6 oz)
Biscuit (1)
Sugar (3 packets)
Pepper (1 packet)
Nondairy Creamer (3)

Choice: Waffles

Chicken w/calabaza (1 cup)**
* Spanish Rice (1/2 cup)
Waldorf Salad (1/2 cup)
Mandarin Oranges (1/2 cup)**
Iced Tea (10 oz)
Corn Tortilla (2)**
Salt (1 packet)
Pepper (1 packet)
Sugar (4 packets)

Choice: Beef flautas
Italian love cake

Carne guisada 4 oz (4 oz)
Macaroni & Cheese (#8 dipper)
Buttered Green Beans (1/2 cup)
Pico de gallo salad (1/3 cup)**
Strawberry fresh sliced w/lite
yogurt (3/4 cup)**
Lemonade (10 oz)
Corn Tortillas (2)**
Sugar (2 packets)
Pepper (1 packet)
Salt (1 packet)

Choice: Chicken spicy burger
Banana split cheese cake

Peppered Shrimp alfredo 1c
Broccoli (1/2 cup)
Pineapple Carrot Salad (1/2
cup)
Tropical Fruit Salad (1/2 cup)**
Lemonade (10 oz)
Dinner Roll (1)**
Salt (1 packet)
Pepper (1 packet)
Tartar Sauce (1 packet)

Choice: Regular hot dogs / with
bacon Strawberry cake

Fried chicken (3 oz)**
Cut corn # 16
Buttered green beans 1/2c
Carrot salad 1/2 c
Pumpkin pie 1/10
Ice tea 10 oz
Dinner roll 1
Salt 1 pk
Pepper black 1pk

Choice: Tacos gobernador
Judy's strawberry cake

Enchiladas 2
Spanish rice 1/2 cup
Broccoli 1/2 cup
Grapes (1/2 cup)
Fruit punch 10 oz
Pepper (1 packet)
Salsa (1 T)

Choice: Tuna salad with
macaroni with avocado

Tuxedo cake

Stuffed chicken breast
4 oz BBQ
Mix vegetables 1/2 c
Potato baked 1/2c
Pear light 1/2c
Tea 10 oz

Dinner Roll (1)
Sugar (4 packets) Salt (1
packet)
Pepper (1 packet)
Choice: assorted choice
Asst cake cookies
Corn dogs

Carne guisada 3 oz
Beans a la charra (1/2 cup)
Carrots (1/2 cup)
Shredded Lettuce Salad w/
tomato (1/2 cup) Applesauce &
Red Gelatin (2" X 2")
Lemonade (10 oz)
Corn Tortilla (2)
Pepper (1 packet)
Salsa (1 T)
Ranch Dressing (1 packet)
Salsa (1 oz)

Choice: Chicken sandwiches
Sand tarts

Chalupas(1/2 oz cheese, 1/2oz
beef) bkd (1.0)Low fat
Chalupas(1/2 oz cheese, 1/2oz
beef) bkd (1.0) low fat
Cut Corn* (#8 dipper)
Mixed Vegetables (1/2 cup)
Tomato & Lettuce Toss (1/2
cup)
Fruited Gelatin (2" X 2")
1% or Skim Milk (8 oz)
Coffee (6 oz)
Sugar (3 packets)
Salt (1 packet)
Pepper (1 packet)
Nondairy Creamer (3)

Chicken guisado (4 oz)
Spanish Rice (1/2 cup)
Buttered Carrots (1/2 cup)
Tomato & Lettuce Toss (1/2
cup)
Grapes (1/2 cup)
1% or Skim Milk (8 oz)
Coffee (6 oz)
Corn Tortilla (2)
Sugar (4 packets)
Salt (1 packet)
Pepper (1 packet)
Nondairy Creamer (2)
Salad Dressing (1 packet)

Cheese Enchilada (2 w/sauce)
Spanish Rice (1/2 cup)
Buttered Green Beans (1/2 cup)
Cucumber Salad (1/2 cup)
Banana (1 medium)
1% or Skim Milk (8 oz)
Coffee (6 oz)
Sugar (2 packets)
Salt (1 packet)
Pepper (1 packet)
Nondairy Creamer (2)

Beef fajita Flour taco (3 oz)
Beans a la charra (1/2 cup)
Buttered Mixed Vegetables (1/2
cup)
Pico de gallo salad (1/3 cup)
Peaches & Cream (1/2 cup)
1% or Skim Milk (8 oz)
Coffee (6 oz)
Corn Tortillas (2)
Sugar (4 packets)
Salt (1 packet)
Pepper (1 packet)
Nondairy Creamer (2)
Guacamole 2 T
Salsa 2 T

Baked fish & lemon (3 oz)
Macaroni & Cheese (4 oz)
Carrots (1/2 cup)
Green Pea Salad (Soft) (1/2
cup)
Vanilla Pudding w/Wafers
(1/2 cup w/4)
1% or Skim Milk (8 oz)
Coffee (6 oz)
Dinner Roll (1)
Sugar (2 packets)
Pepper (1 packet)
Nondairy Creamer (2)
Tartar Sauce (1 packet)

Choice: hot wings

Beef Picadillo gorditas 1
Spanish Rice (#12 dipper)
California Vegetable Mix (1/2
cup)
Shredded Lettuce Salad w/
tomato (1/2 cup) Pineapple
Chunks (1/2 cup) 1% or
Skim Milk (8 oz) Coffee (6
oz)
Sugar (4 packets)
Salt (1 packet)
Pepper (1 packet)
Nondairy Creamer (2)

Chicken Piccata 3 oz
Mashed Potatoes w/Gravy
(#8 w/2 oz)
Buttered Broccoli (1/2 cup)
Cottage Cheese & Pineapple
(1/2 cup w/1)
Peaches (1/2 cup)
1% or Skim Milk (8 oz)
Coffee (6 oz)
Dinner Roll (1)
Sugar (3 packets)
Pepper (1 packet)
Nondairy Creamer (3)
Chicken Gravy (2 oz)