

Okra and Tomato Stew

Southern Style Okra and tomato in a seasoned vegetable broth.

8 oz. \$1.75

12 oz. \$2.25

Serving: 8 oz Ladle (229 grams) Cal: 210, Total Fat: 10g, Fat Cal: 90,
Sat Fat: 6g,

Trans Fat: 0g, Cholest: 30mg, Sodium: 620mg, Total Carb: 19g,
Fiber: 1g, Sugars: 6g, Protein: 10g

Chicken Noodle Soup

Chicken simmered in a seasoned chicken broth
with pasta noodles

8 oz. \$1.75

12 oz. \$2.25

Serving: 8 oz Ladle (229 grams) Cal: 140, Total Fat: 40g, Fat Cal: 4.5g,
Sat Fat: 1g,

Trans Fat: 0g, Cholest: 30mg, Sodium: 190mg, Total Carb: 17g,
Fiber: 2g, Sugars: 3g, Protein: 8g

Contains wheat, gluten

2,000 calories a day is used for general nutrition advice, but calorie need vary.

Smothered Pork Chop

Pork smothered in a southern style gravy

\$4.20

 Cal 360

Serving: 1 Chop (79 grams) Cal: 360, Total Fat: 14g, Fat Cal: 120, Sat Fat: 1.5g,
Trans Fat: 0g, Cholest: 55mg, Sodium: 330mg, Total Carb: 9g, Fiber: 0g, Sugars: 0g,
Protein: 12g

Honey glazed baby carrots

Small \$.95 Large \$1.75

Serving: 4 oz (92 grams) Cal: 80, Total Fat: 1.5g, Fat Cal: 15, Sat Fat: .5g,
Trans Fat: 0g, Cholest: 0mg, Sodium: 10mg, Total Carb: 18g, Fiber: 2g, Sugars:
3g, Protein: 2g

Rice

Small \$.95 Large \$1.75

Serving: 4 oz (113 grams) Cal: 170, Total Fat: 5g, Fat Cal: 45, Sat Fat: 1g,
Trans Fat: 0g, Cholest: 0mg, Sodium: 60mg, Total Carb: 28g, Fiber: .9g, Sugars:
0g, Protein: 3g

Meal Combo 1

Improve the value of your meal by including two
sides and a large fountain beverage for an
additional \$2.30

\$6.50

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Shrimp Rasta Pasta

Sautéed shrimp and peppers with pasta in a curry sauce.

\$4.95

Serving size: 4oz Calories:250, TotalCarbs:7.5g, NetCarbs:7.2g, Fiber:0.5g
Protein:16g Fat:16g Cholesterol: 320mg

Cabbage

fresh cabbage steamed until tender. **VG** 

Small \$.95 Large \$1.75

Serving: 4 oz Spoodle (109 grams) Cal: 35, Total Fat: 1g, Fat Cal: 10, Sat Fat: 0g,
Trans Fat: 0g, Cholest: 0mg, Sodium: 105mg, Total Carb: 5g, Fiber: 4g, Sugars: .9g,
Protein: 4g

Black eyed Peas

Southern style black eyed peas 

Small \$.95 Large \$1.75

Serving: 1/2 Cup (140 grams) Total Cal: 110, Fat Cal: 15, Total Fat: 1.5g, Sat Fat: 1g,
Trans Fat: 0g, Cholest: 0mg, Sodium: 120mg, Total Carb: 22g, Sugars: 1g, Fiber: 2g, Protein: 2g
Contains milk, soy beans

Meal Combo 2

Improve the value of your meal by including two sides
and a large fountain beverage for an additional \$2.30

\$7.25

Chicken & Waffles

crispy fried chicken with Belgium waffles topped
with a bourbon maple glaze.

\$4.95

Serving: 1 Sandwich (232 grams) Total Cal: 650, Fat Cal: 380, Total Fat: 42g, Sat Fat: 20g,
Trans Fat: 1.5g, Cholest: 90mg, Sodium: 1560mg, Total Carb: 40g, Sugars: 3g, Fiber: 3g, Protein:
28g

Contains milk, wheat, soy beans, gluten, shellfish

Grill Combo

Improve the value of your meal by including a side and a
large fountain beverage for an additional \$2.30

\$7.25

2,000 calories a day is used for general nutrition advice, but calorie need vary.

Jerk Salmon

Salmon marinated in Fresh Herbs, Peppers and Garlic

\$4.95

Serv Size: 1 Fillet (91g) • Fat cal 70 • Total fat 8g • Sat fat 1g • Trans fat 0g
Cholest 50mg • Sodium 130mg • Total carb < 1g • Fiber 0g • Sugars 0g • Protein 18g
Contains fish

Meal Combo

Improve the value of your meal by including two sides
and a large fountain beverage for an additional \$2.30

\$7.25

Black History Month Menu

February 24, 2022



**BLACK
HISTORY
MONTH**

Soup:

Chicken noodle Soup

Okra and tomato stew

Entrees:

Jerk blackened Salmon

Shrimp Rasta pasta

Smothered Pork chop

Sides:

Rice

Black eyed peas

honey glazed baby carrots

Stewed cabbage

Grill:

Chicken and waffles sliders with a maple bourbon glaze

Dessert:

Peach cobbler

Honey toasted cornbread



**Celebrating Black
History Month** 





Mount Sinai South Nassau

Week of February 21st

Watch for Mindful Menu Selections

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

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

Hours

Night Owl

3 AM - 5 AM

Breakfast

6:30 AM - 9:00 AM

Lunch

11:00 AM - 1:30 PM

Dinner

4:30 PM - 7:00 PM

Breaks

9:00 AM - 10:00 AM

2:30 PM - 3:30 PM

Managers

Nicole Filpo

Colin Perra

Executive Chef

Anthony Colombo



Monday – President’s Day

Soup: Navy Bean Soup
Entree: Sole Bella Vista / Arroz Con Pollo
White Rice / Fresh Mashed Potato
Corn O'Brien / California Mixed Vegetables

Tuesday

Soup: Vegetarian Chili / Minnesota Wild Rice
Entree: Jerk Chicken / Sliced Carrots
Fresh Zucchini / Breaded Pork Chop w Stewed Apples
Mashed Potatoes / Steamed Rice
Grill: Bistro Burger

Wednesday

Soup: Cream of Broccoli / Chicken Gumbo
Entree: Moroccan Eggplant Tagine
Jasmin Rice / Mashed Potato / Chicken Marsala
Asian Vegetable Blend / Green Beans
Grill: French Dip

Thursday - Black History Month Special!

Soup: Chicken Noodle Soup / Okra & Tomato Stew
Entree: Jerk Blackened Salmon / Rice / Black Eyed Peas
Shrimp Rasta Pasta / Honey Glazed Carrots
Smothered Pork Chop / Stewed Cabbage
Grill: Chicken & Waffles with a Maple Bourbon Glaze

Friday

Soup: Tomato Basil / New England Clam Chowder
Entree: Sweet & Sour Chicken / Rice
Rigatoni Ala Vodka / Mashed Potatoes
Corn / Cauliflower
Grill: Shredded BBQ Chicken Sandwich w/ Slaw

Saturday

Soup: Minestrone Soup
Entree: Spaghetti Cacciatore
Mashed Potatoes / Corn
Creamy Cole Slaw
Baked Cod Italian Style
Fresh Broccoli Florets

Sunday

Soup: Split Pea Soup
Entree: Herb Roasted Chicken
Baby Carrots
Corn
Penne Pomodoro
Green Beans
White Rice