

MENU

HOURS

7 am - 6:30 pm
sunday - saturday

TO PLACE YOUR ORDER

to contact your nutrition operator, please call **1-3663**

for outside calls please dial **540.741.3663** between 7am and 6:30pm

Guest meal vouchers can be purchased in the Cafeteria between 7:00 AM and 7:00 PM.

On weekends and holidays, vouchers must be purchased before 4:00 PM.

Mary Washington Healthcare

morrison healthcare

BREAKFAST

(FULL BREAKFAST SERVED 7:00AM- 10:30AM)

FEATURES

CLASSIC AMERICAN BREAKFAST
SCRAMBLED EGG, BACON, BREAKFAST POTATOES

BISCUIT & GRAVY
BUTTERMILK BISCUIT, SCRAMBLED EGG, COUNTRY GRAVY

GARDEN AVOCADO TOAST
AVOCADO, HARD-BOILED EGG, RADISH, ARUGULA, EVERY-THING BAGEL SEASONING, MULTI-GRAIN

BREAKFAST SKILLET
HOMESTYLE POTATOES, PEPPERS & ONIONS, SCRAMBLED EGG, SAUSAGE LINK

FRENCH TOAST BREAD PUDDING
BAKED CINNAMON SPICED BRIOCHE, BACON

NITTY GRITTY BOWL
CHEESE GRITS, SCRAMBLED EGG, BACON, CHEDDAR, SCALLIONS

FAVORITES

APPLE CINNAMON CREAM OF WHEAT
BACON
BREAKFAST POTATOES
FRENCH TOAST
GRITS
OATMEAL
PANCAKES
SAUSAGE LINK
TURKEY SAUSAGE
VEGGIE SAUSAGE

FRUIT + BAKERY

BANANA MUFFIN
BLUEBERRY MUFFIN
FRUIT & HONEY YOGURT CRUNCH
SEASONAL FRUIT

COLD CEREALS

CHEERIOS
CORN FLAKES
RICE KRISPIES
RAISIN BRAN

BEVERAGES

COFFEE
regular | decaf

TEA

HOT COCOA

MILK
skim
2%

JUICE
apple
cranberry
orange
prune

(LUNCH AND DINNER 11:00AM- 6:30PM)

SOUPS

CHICKEN NOODLE

MINESTRONE ORZO

SEASONAL SPECIAL

GREENS

BERRY FIELDS
FETA, STRAWBERRIES, BLUEBERRIES, CANDIED PECANS, SPRING MIX

CLASSIC COBB
TURKEY, BACON, CHOPPED EGG, BLUE CHEESE, OLIVE, TOMATO, ROMAINE

CHICKEN CAESAR
GRILLED CHICKEN, PARMESAN, TOMATO, CROUTONS, ROMAINE

MEDITERRANEAN CRUNCH
FETA, CUCUMBER, TOMATO, OLIVE, PICKLED ONION, PITA CHIPS, SPRING MIX

HANDHELDS

SERVED WITH HOUSEMADE CHIPS OR SEASONAL FRUIT

CLASSIC CHICKEN SALAD
HOUSEMADE CHICKEN SALAD, LETTUCE, TOMATO, MULTI-GRAIN

CLASSIC BLT
BACON, LETTUCE, TOMATO, BASIL MAYO, SOURDOUGH

MEDITERRANEAN VEGGIE WRAP
HUMMUS, FETA, CUCUMBER, RED PEPPER, LETTUCE, PICKLED ONION, TOMATO, TORTILLA

BISTRO TURKEY
TURKEY, SWISS, LETTUCE, TOMATO, MAYO, WHOLE WHEAT

DELUXE HAMBURGER
GRILLED BURGER, LETTUCE, TOMATO, ONION, BRIOCHE

DELUXE IMPOSSIBLE BURGER
GRILLED IMPOSSIBLE BURGER, LETTUCE, TOMATO, ONION, BRIOCHE

GRILLED CHICKEN SANDWICH
GRILLED CHICKEN, LETTUCE, TOMATO, ONION, BRIOCHE

CAPRESE MELT
MOZZARELLA, BASIL, TOMATO, PESTO, SOURDOUGH

CHEF SPECIALS

AVAILABLE TO ORDER AFTER 3:30PM

SUN — CHICKEN POT PIE
CHICKEN, PEAS, GREEN BEANS, CREAMY SAUCE, PUFF PASTRY, STEAMED BROCCOLI

MON — SMOKEHOUSE BBQ PORK
PULLED PORK, MAC & CHEESE, RED CABBAGE SLAW, HONEY-KISSED CORNBREAD

TUE — LOWCOUNTRY SHRIMP & GRITS
OLD BAY SHRIMP, ANDOUILLE SAUSAGE, CHEESY GRITS, PEPPERS & ONIONS, CORN

WED — BEEF BURGUNDY
BRAISED BEEF, HERB CITRUS CRUNCH, ROSEMARY POLENTA, CARAMELIZED CARROTS & PEARL ONIONS

THU — SESAME GINGER CHICKEN & RICE
SESAME GINGER GLAZED CHICKEN, EDAMAME FRIED RICE, HIBACHI VEGETABLES

FRI — BBQ SALMON
BAKED SALMON, KANSAS CITY BBQ SAUCE, CHEESE GRITS, SAUTÉED SPINACH

SAT — ROASTED TURKEY
ROASTED TURKEY, GRAVY, MASHED POTATOES, HERB GREEN BEANS

ENTRÉES

ROTISSERIE CHICKEN
ROASTED CHICKEN QUARTER, MASHED POTATOES, GREEN BEANS

PASTA POMODORO
ROTINI, BLISTERED TOMATOES, BASIL, PARMESAN

CHICKEN POT PIE
CHICKEN, PEAS, GREEN BEANS, CREAMY SAUCE, PUFF PASTRY, STEAMED BROCCOLI

MEATLOAF
SMASHED RED POTATOES, BEEF GRAVY, RANCH STEAMED BROCCOLI

DESSERTS

STRAWBERRY SHORTCAKE MUG CAKE

BANANA PUDDING PARFAIT

PEANUT BUTTER BROWNIE BITE

SUGAR COOKIE

CHOCOLATE CHIP COOKIE