



Watch for Wellness and You! Menu Solutions...

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

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

Better By Design
has healthier cuisine...

Hours

Monday - Friday
6:30am - 6:30pm

Saturday - Sunday
6:30am - 6:30pm

Managers

Operations Manager
Mike Moore x36511

Foodservice Manager
Jenn Bovee x36085

Lake West Hospital

Week of Monday July 12

Monday

Soup:	Baked Potato with Bacon	\$2.19
Grill:	Cheesy Ham & Bacon Melt	\$3.39
Entree:	BBQ Baked Spareribs	\$3.99
	Beef Ravioli 🍷	\$3.19
	Peach Cobbler 🍷	\$1.59
Deli:	Boston Club Sub	\$3.39

Tuesday

Soup:	Homestyle Chicken Noodle	\$2.19
Grill:	Philly-Style Cheese Steak Sandwich	\$3.89
Entree:	Fried Cod	\$3.79
	Roast Turkey Breast 🍷	\$2.99
Deli:	Tuna Salad Sub	\$3.39
	Cobb Salad Plate	\$4.89

Wednesday

Soup:	Chili con Carne	\$2.19
Grill:	Grilled Turkey Melt	\$3.39
Entree:	Roast Beef 🍷	\$2.99
	Pierogies with Potato & Onion	\$3.49
Deli:	Chicken Caesar Wrap	\$3.89
	Kentucky Club Sub	\$3.39

Thursday

Soup:	Tomato Florentine	\$2.19
Grill:	Buffalo Meltdown	\$3.99
Entree:	Country Fried Steak with Cream Gravy	\$3.59
	Italian Chicken Breast 🍷	\$3.39
Deli:	Newport Deli Sandwich	\$3.29
	Asian Chicken Fruit Salad Plate	\$5.39

Friday

Soup:	New England Clam Chowder	\$2.19
Grill:	Fried Cod Sandwich	\$4.19
Entree:	Chili Lime Tilapia	\$3.99
	Healthy Choice Chicken Chow Mein	\$3.69
Vegetable:	Blackberry Cobbler	\$1.59
Deli:	Turkey, Ham & Swiss Sub	\$3.29

Saturday

Soup:	Chicken & Dumplings	\$2.19
Entree:	Spaghetti & Meat Sauce	\$2.99
Vegetable:	Breadsticks 🌱	\$.59
	Baked Potato 🌱🍷	\$1.59
Deli:	Cold Cut Combo	\$3.39
	Classic Chef Jazz Salad	\$4.89

Sunday

Soup:	Minestrone 🌱🍷	\$2.19
	Pasta Fagioli 🍷	\$2.19
Entree:	Maple Glazed Chicken Breast 🍷	\$3.89
	Meat Loaf	\$3.89
	Rice Pilaf 🌱🍷	\$.99
Vegetable:	California Mixed Vegetables 🌱🍷	\$.99

🌱 Vegetarian 🌱 Vegan 🍷 Wellness



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Week of Monday July 19

Monday

Soup:	French Onion 🍷	\$2.19
Grill:	BBQ Pork Sandwich 🍷	\$3.29
Entree:	Healthy Choice Beef Pepper Steak	\$3.89
	Fried Chicken	\$3.29
Deli:	Spicy Buffalo Chicken Wrap	\$4.29
	Ham, Turkey & Swiss on Baguette	\$3.39

Tuesday

Soup:	Tomato 🍷	\$2.19
Grill:	Grilled Cheese Sandwich 🌱	\$1.69
Entree:	Healthy Choice Stuffed Shells	\$3.69
	Chicken Breast with Pecan Dijon Sauce	\$3.39
Deli:	Spicy Ranch Chicken Salad	\$4.89
	Club Sub	\$3.39

Wednesday

Soup:	Potato Au Gratin	\$2.19
Grill:	Monte Cristo Sandwich	\$3.39
Entree:	Teriyaki Chicken Breast 🍷	\$3.39
	Breaded Pork Chop	\$3.79
Deli:	Italian Deli Wrap	\$3.39
	Roast Beef, Ham & Provolone Sub	\$3.39

Thursday

Soup:	Navy Bean 🍷	\$2.19
Grill:	Patty Melt	\$3.29
Entree:	Baked Cod with Herb Crust 🍷	\$3.79
	Meat Lasagna	\$3.49
Deli:	Fruit & Cottage Cheese Plate 🌱🍷	\$4.89
	Ham and Swiss on Country Rye	\$3.19

Friday

Soup:	Boston Clam Chowder 🍷	\$2.19
Grill:	Italian Melt	\$3.59
Entree:	London Broil	\$4.49
	Fried Cod	\$3.79
	Blazin' Red Fish	\$3.79
Vegetable:	Cherry Cobbler 🌱	\$1.59

Saturday

Soup:	Chili con Carne	\$2.19
Vegetable:	Rice Pilaf 🌱🍷	\$.99
	Zucchini 🌱	\$.99
Deli:	Roast Turkey Classic with Baguette	\$3.29
	Classic Chef Jazz Salad	\$4.89

Sunday

Soup:	Stuffed Green Pepper	\$2.19
Entree:	Roast Turkey Breast 🍷	\$2.99
	Cornbread Stuffing 🌱	\$.99
Vegetable:	Oven Roasted Herb Potatoes 🌱	\$.99
Deli:	Classic Chef Jazz Salad	\$4.89
	Newport Deli Sandwich	\$3.29



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Week of Monday July 26

Monday

Soup:	Chili con Carne	\$2.19
Grill:	Chicken Parmesan Sandwich	\$3.79
Entree:	Rosemary Lemon Chicken Breast	\$3.79
	Sausage with Peppers & Onions Sandwich	\$3.79
Deli:	Honey Mustard Chicken Wrap	\$3.79
	Lonestar Club Sub	\$3.29

Tuesday

Soup:	Chicken & Wild Rice	\$2.19
Grill:	Grilled Reuben Sandwich	\$3.89
Entree:	Baked Ziti with Four Cheeses 🌱	\$3.19
	Chicken & Dumplings	\$2.79
Vegetable:	Peach Cobbler 🍏	\$1.59
Deli:	Cobb Salad Plate	\$4.89

Wednesday

Soup:	Split Pea 🍏	\$2.19
Grill:	Roast Beef & Garlic Melt with Cheese	\$3.19
Entree:	Healthy Choice Sweet & Sour Chicken 🍏	\$3.69
	Swedish Meatballs	\$3.29
Deli:	Southern Delight Sandwich	\$3.29
	Hearty Beefeater's Wrap	\$3.39

Thursday

Soup:	Baked Potato	\$2.19
Grill:	Grilled Cheese & Tomato Sandwich 🌱	\$1.89
Entree:	Beef Pot Roast	\$3.19
	Chicken Chimichanga	\$2.69
Deli:	Turkey Club Wrap	\$3.99
	Asian Chicken Fruit Salad Plate	\$5.39

Friday

Soup:	New England Clam Chowder	\$2.19
Grill:	Grilled Turkey Melt	\$3.39
Entree:	Roast Turkey Breast 🍏	\$2.99
	Seared Tilapia w/Garlic & Herbs 🍏	\$3.99
Deli:	Turkey, Roast Beef and Swiss Wrap	\$3.99

Saturday

Soup:	Cream of Broccoli	\$2.19
Entree:	Vegetable Lasagna 🌱	\$2.89
	Breadsticks 🌱	\$.59
Vegetable:	Italian Cut Green Beans 🌱🍏	\$.99
Deli:	Ham & Turkey Grinder	\$3.39
	Classic Chef Jazz Salad	\$4.89

Sunday

Soup:	Tuscan Chicken Noodle	\$2.19
Entree:	Roast Beef 🍏	\$2.99
	Rice Pilaf 🌱🍏	\$.99
Vegetable:	Broccoli Florets 🌱🍏	\$.99
Deli:	Tuna Salad Sub	\$3.39
	Classic Chef Jazz Salad	\$4.89



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Week of Monday August 2

Monday

Soup:	Potato Au Gratin	\$2.19
Grill:	Caesar Grill Chicken Breast Sandwich	\$3.79
Entree:	Baked BBQ Chicken	\$3.39
	Healthy Choice Salisbury Steak 🍌	\$3.49
Vegetable:	Apple Cobbler 🍏🍏	\$1.59
Deli:	Spicy Buffalo Chicken Wrap	\$4.29

Tuesday

Soup:	French Onion	\$2.19
Grill:	Fried Cod Sandwich	\$4.19
Entree:	London Broil	\$4.49
	Chicken Breast Paprikash	\$3.49
Deli:	Turkey Cheddar Wrap	\$3.69
	Spicy Ranch Chicken Salad	\$4.89

Wednesday

Soup:	Minestrone 🍲🍏	\$2.19
Grill:	Patty Melt	\$3.29
Entree:	Teriyaki Chicken Breast 🍌	\$3.39
	Stuffed Cabbage Roll	\$4.09
Deli:	Chicken Caesar Wrap	\$3.79
	Turkey & Cheddar Focaccia Sandwich	\$3.39

Thursday

Soup:	Italian Wedding	\$2.19
Grill:	Philly-Style Cheese Steak Sandwich	\$3.89
Entree:	Rosemary Roast Pork Loin	\$3.89
	Spaghetti & Meat Sauce	\$2.99
Deli:	Fruit & Cottage Cheese Plate 🍌🍏	\$4.89
	Ham and Swiss on Country Rye	\$3.19

Friday

Soup:	Boston Clam Chowder 🍌	\$2.19
Grill:	Grilled Turkey Reuben	\$3.39
Entree:	Cod Vera Cruz 🍌	\$3.79
	Southern Fried Chicken	\$3.29
	Macaroni & Cheese 🍏	\$1.59
Deli:	Italian Deli Wrap	\$3.39

Saturday

Soup:	Chicken Wild Rice	\$2.19
Entree:	Healthy Choice Beef Sirloin Tips	\$3.89
Vegetable:	Egg Noodles 🍏	\$0.99
	French Cut Green Beans 🍏🍏	\$0.99
Deli:	Roast Beef Sandwich with Cheddar	\$3.19
	Classic Chef Jazz Salad	\$4.89

Sunday

Soup:	Chicken Tortilla	\$2.19
Entree:	Oven Fried Chicken 🍌	\$3.39
Vegetable:	Baked Potato 🍏🍏	\$1.59
	Cornbread Stuffing 🍏	\$0.99
Deli:	Boston Club Sub	\$3.39
	Classic Chef Jazz Salad	\$4.89



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Week of Monday August 9

Monday

Soup:	Cream of Tomato 🥦	\$2.19
Grill:	Grilled Cheese Sandwich 🥦	\$1.69
Entree:	Chicken Breast Saltimbocca	\$3.39
	Baked Ziti with Four Cheeses 🥦	\$3.19
Deli:	Turkey & Swiss Sandwich on Rye 🍷	\$3.19
	Lonestar Club Sub	\$3.29

Tuesday

Soup:	Stuffed Green Pepper	\$2.19
Grill:	Italian Melt	\$3.59
Entree:	Dijon Pork Tenderloin 🍷	\$3.89
	Chicken Breast Florentine	\$4.19
Vegetable:	Cherry Cobbler 🥦	\$1.59
Deli:	Chicken, Bacon & Swiss Sub	\$3.39

Wednesday

Soup:	Italian Wedding	\$2.19
Grill:	Ranch Burger	\$3.49
Entree:	Chicken Chimichanga	\$2.69
	Cod Northwestern 🍷	\$3.79
Deli:	Kentucky Club Sub	\$3.39
	Chicken Salad Wrap	\$3.49

Thursday

Soup:	French Onion	\$2.19
Grill:	Grilled Reuben Sandwich	\$3.89
Entree:	Rosemary Lemon Chicken Breast	\$3.79
	Meat Lasagna	\$3.49
Deli:	Turkey, Roast Beef and Swiss Wrap	\$3.99
	Spicy Ranch Chicken Salad	\$4.89

Friday

Soup:	New England Clam Chowder	\$2.19
Grill:	Monte Cristo Sandwich	\$3.39
Entree:	Baked Cod with Herb Crust 🍷	\$3.79
	Stuffed Green Peppers	\$2.59
Deli:	Grilled Chicken with Roasted Red Pepper	\$3.99

Saturday

Soup:	Chili con Carne	\$2.19
Entree:	Basil & Chive Chicken Breast 🍷	\$3.59

Sunday

Soup:	Minestrone 🥦	\$2.19
Entree:	Healthy Choice Salisbury Steak 🍷	\$3.49