

Cafe @ FRESNO HEART & SURGICAL HOSPITAL

Monday, April 24, 2023

Market Entrée	Smothered Pork Chop / 650cal	Grilled pork chop smothered in cajun style gravy	\$3.49
Market Entrée	Smothered Chicken / 300cal	Roasted chicken breast smothered in gravy	\$3.99
Market Sides	Dirty rice / 120cal Candied yams / 240cal	Collard greens / 130cal Roasted carrots / 50cal	\$1.09/ea
Sliced	Loaded Baked Potato / 295cal	Baked potato w/ cheese, green onions, sour cream, butter & bacon pieces	\$3.49
Grillery	Beef hotdog w/ chili & cheese / 415cal	Grilled beef hot dog w/ chili & cheese served on hotdog bun	\$2.99
Soup	Minestrone Soup / 120cal		cup \$2.09 bowl \$2.79

Tuesday, April 25, 2023

Market Entrée	BBQ Pork Ribs / 810cal	BBQ pork ribs w/ spiced rub & sweet BBQ sauce	\$3.99
Market Entrée	BBQ Chicken / 280cal	Grilled BBQ chicken w/ a sweet spice house made BBQ sauce	\$3.29
Market Sides	Potato salad / 180cal Mashed potatoes w/ gravy / 160cal	Roasted green beans / 70cal BBQ baked beans / 100cal	\$1.09/ea
Sliced	Loaded Baked Potato / 295cal	Baked potato w/ cheese, green onions, sour cream, butter & bacon pieces	\$3.49
Grillery	Beef hotdog w/ chili & cheese / 415cal	Grilled beef hot dog w/ chili & cheese served on hotdog bun	\$2.99
Soup	Beef & vegetable soup / 100cal		cup \$2.09 bowl \$2.79

Wednesday, April 26, 2023

Market Entrée	Meatloaf / 160cal	Mama's home cooked meatloaf w/ garlic & herbs	\$3.99
Market Entrée	Chicken & sausage gumbo / 550cal	Chicken w/ andouille sausage in gumbo mix	\$3.09
Market Sides	Roasted fingerling potatoes / 100cal Steamed rice / 120cal	Fried okra / 150cal Corn O'Brien / 200cal	\$1.09/ea
Sliced	Loaded Baked Potato / 295cal	Baked potato w/ cheese, green onions, sour cream, butter & bacon pieces	\$3.49
Grillery	Beef hotdog w/ chili & cheese / 415cal	Grilled beef hot dog w/ chili & cheese served on hotdog bun	\$2.99
Soup	Chicken Noodle Soup / 90cal		cup \$2.09 bowl \$2.79

Thursday, April 27, 2023

Market Entrée	Bourbon Glazed Tri-tip / 220cal	Grilled tri-tip w/ bourbon glaze	\$3.29
Market Entrée	BBQ Pork Chop / 390 cal	Grilled & roasted pork chops w/ honey BBQ sauce	\$2.99
Market Sides	Rice pilaf / 140cal Baked sweet potato / 220cal	Roasted asparagus / 70cal Squash medley / 35cal	\$1.09/ea
Sliced	Loaded Baked Potato / 295cal	Baked potato w/ cheese, green onions, sour cream, butter & bacon pieces	\$3.49
Grillery	Beef hotdog w/ chili & cheese / 415cal	Grilled beef hot dog w/ chili & cheese served on hotdog bun	\$2.99
Soup	Tomato Bisque / 120cal		cup \$2.09 bowl \$2.79

Friday, April 28, 2023

Market Entrée	Chicken & Waffles / 660cal	Breaded fried chicken served w/ waffles & spicy syrup	\$4.59
Market Entrée	Southern Fried Catfish / 150cal	Salted catfish dipped in cornmeal - fried to perfection	\$3.99
Market Sides	Potato wedges / 90cal Spiced mac & cheese / 780cal	Green beans / 25cal Roasted cauliflower & broccoli / 80cal	\$1.09/ea
Sliced	Loaded Baked Potato / 295cal	Baked potato w/ cheese, green onions, sour cream, butter & bacon pieces	\$3.49
Grillery	Beef hotdog w/ chili & cheese / 415cal	Grilled beef hot dog w/ chili & cheese served on hotdog bun	\$2.99
Soup	Clam Chowder / 427cal		cup \$2.09 bowl \$2.79

Saturday, April 29, 2023

Market Entrée	Cajun Beef Stew / 180cal	Cubed beef cooked in cajun stew w/ veggies	\$3.49
Market Sides	Cornbread / 360cal	Roasted carrots / 50cal	\$1.09/ea
Grillery	Loaded Baked Potato / 295cal	Baked potato w/ cheese, green onions, sour cream, butter & bacon pieces	\$3.49
Soup	Chili / 180		cup \$2.09 bowl \$2.79

Sunday, April 30, 2023

Market Entrée	Teriyaki Steak / 250cal	Teriyaki marinated steak w/ chives & cilantro	\$4.99
Market Sides	Steamed jasmine rice / 80cal	Broccoli & sesame seeds / 90cal	\$1.09/ea
Grillery	Beef hotdog w/ chili & cheese / 415cal	Grilled beef hot dog w/ chili & cheese served on hotdog bun	\$2.99
Soup	Cream of mushroom / 190cal		cup \$2.09 bowl \$2.79