

The Grille: Week #1

Breakfast | 6:30 - 10:00 a.m.

Lunch | 11:00 a.m. - 1:30 p.m.

Dinner | 4:30 - 6:30 p.m.

Sunday	Oatmeal Cook's choice	Cook's choice soup Hot turkey sandwich Mashed potatoes and gravy Sliced carrots Fudge brownie	Cook's choice soup Honey glazed shrimp and pineapple Rice blend Corn
Monday	Chocolate chip baked oatmeal Pumpkin bread	Mediterranean vegetable soup Chicken enchiladas Cracker crumb haddock Rice pilaf Broccoli Warm apple crisp with whipped topping	Mediterranean vegetable soup Popcorn chicken bowl Bermuda blend vegetable
Tuesday	Malt O Meal Pancakes Cinnamon roll	Chicken wild rice soup Harvest grain bowl BBQ cheddar turkey burger Potato wedges Winter blend vegetables Fruit salsa with cinnamon chips	Chicken wild rice soup Sliced ham Sweet potato casserole Peas
Wednesday	Oatmeal Eggs Benedict	Red pepper and Gouda bisque Roast beef Mashed potatoes and gravy Gyro salad California blend vegetables S'more bar	Red pepper and Gouda bisque Canadian bacon pizza Fresh baby carrots
Thursday	Malt O Meal Biscuit breakfast sandwich Apple cinnamon filled muffin	Chili with cornbread Meatloaf Scalloped potatoes Tuscan garlic chicken Sautéed green beans Homemade ice cream cookie sandwich	Chili with cornbread Goulash Corn
Friday	Brown sugar and banana oatmeal Biscuits and gravy	Tomato soup Italian grilled cheese sandwich Breaded butterfly shrimp Shoestring french fries Coleslaw Pumpkin bar	Tomato soup Chicken dill salad Malibu blend vegetables
Saturday	Malt O Meal Cook's choice	Cook's choice soup Swedish meatballs Egg noodles Bermuda blend vegetables Maple pecan pie bars	Cook's choice soup Chicken Kiev Roasted potatoes Mixed vegetables

The Grille is located on the lower level of the Main Campus of Lakewood Health System.
Grille menus rotate on a four-week cycle. Week 1: October 5th, 2025.

The Grille: Week #2

Breakfast | 6:30 – 10:00 a.m.

Lunch | 11:00 a.m. – 1:30 p.m.

Dinner | 4:30 – 6:30 p.m.

Sunday	Oatmeal Cook's choice	Cook's choice soup 7-layer salad Cook's choice vegetable Turtle brownie	Cook's choice soup Macaroni and cheese Mixed vegetables
Monday	Apple cinnamon oatmeal Veggie Quiche or crustless quiche Frosted donut	Hungarian mushroom soup Zesty Italian pizza Keto zesty Italian pizza Chicken pot pie Sliced carrots Rhubarb crisp	Hungarian mushroom soup Cracker meal breaded cod Rice pilaf California blend vegetables
Tuesday	Maple brown sugar Malt O Meal Build your own breakfast bowl	White chicken chili Cheese stuffed shells Breadstick Brisket patty melt Coleslaw Marshmallow chocolate poke cake	White chicken chili Country fried steak Mashed potatoes and country gravy Peas
Wednesday	Oatmeal bar Fritter French toast bake	Beef stew Cranberry turkey salad Fried rice Egg rolls Cream cheese wontons Asian vegetable blend Sweet potato cheesecake brownie	Beef stew Smothered pork chops Roasted potatoes Bermuda blend vegetables
Thursday	Malt O Meal Cheesy croissant casserole Chocolate twist	Broccoli and cheese soup Bone in chicken Mashed potatoes and gravy Teriyaki salmon salad California blend vegetables Pineapple upside down cake	Broccoli and cheese soup Wild rice hot dish Malibu blend vegetables
Friday	Oatmeal Open face bagel sandwich	Chicken spinach artichoke soup Cheesy beef and rice burrito Pork tenderloin Baked potato Broccoli and cheese sauce Chocolate ganache bunt cake	Chicken spinach artichoke soup Roasted turkey breast Stuffing Garden blend vegetables
Saturday	Malt O Meal Cook's choice	Cook's choice soup Parmesan basil cod French fries Mixed vegetables Chocolate swirl bar	Cook's choice soup Grilled chicken wrap Cook's choice vegetable

The Grille is located on the lower level of the Main Campus of Lakewood Health System.
Grille menus rotate on a four-week cycle. Week 2: Starts October 12, 2025.



The Grille: Week #3

Breakfast | 6:30 - 10:00 a.m.

Lunch | 11:00 a.m. - 1:30 p.m.

Dinner | 4:30 - 6:30 p.m.

Sunday	Cinnamon oatmeal Cook's choice	Cook's choice soup Bacon wrapped chicken breast Stuffing Peas Coconut cookie	Cook's choice soup Pork stir fry Stir fry vegetables
Monday	Oatmeal Pancakes	Reuben soup Animal style smash burger Steak fries Italian chopped salad Sautéed green beans Peanut butter poke cake	Reuben soup Queso chicken and rice Carrots
Tuesday	Malt O Meal Sausage and potato wrap Cinnamon roll	Chicken enchilada soup Parmesan turkey meatballs Mashed potatoes Baked fish with lemon cream sauce Bermuda blend vegetables Pumpkin cake	Chicken enchilada soup Baked ravioli Breadstick Steamed broccoli
Wednesday	Oatmeal Vegetable egg bake	Chicken and sausage gumbo Traditional or boneless wings Picnic style pasta salad Roast beef and cheddar on a bun Cauliflower pea salad Carrot cake	Chicken and sausage gumbo Canadian bacon pineapple pizza California blend vegetables
Thursday	Malt O Meal Biscuits and gravy bake Chocolate bread	Turkey chili Beef or fish tacos Seasoned roasted turkey Roasted potato medley Spaghetti squash gratin Churro bites	Turkey chili Bratwurst on a bun Chips Fresh vegetable cup
Friday	Maple and brown sugar oatmeal Denver omelet	Creamy Italian soup Stroganoff over egg noodles Garlic butter salmon Rice pilaf Green bean medley Chocolate crunch brownie	Creamy Italian soup Turkey a la king Mixed vegetables
Saturday	Malt O Meal Cook's choice	Cook's choice soup BBQ pulled pork sandwich Sliced carrots Rice crispy bar	Cook's choice soup Beer battered fish Shoestring French fries Malibu blend vegetable

The Grille is located on the lower level of the Main Campus of Lakewood Health System.
Grille menus rotate on a four-week cycle. Week 3: Starts October 19th, 2025.

The Grille: Week #4

Breakfast | 6:30 - 10:00 a.m.

Lunch | 11:00 a.m. - 1:30 p.m.

Dinner | 4:30 - 6:30 p.m.

Sunday	Oatmeal Cook's choice	Cook's choice soup Steakhouse salad Sliced carrots 7-layer bars	Cook's choice soup Creamed chicken over a biscuit Capri blend vegetables
Monday	Oatmeal Loaded breakfast tots Chocolate twist	Steak and potato soup Garlic Parmesan chicken casserole Glazed pork chop Rice pilaf Bermuda blend vegetables Rhubarb bar	Steak and potato soup Italian sliders Pasta salad Fresh vegetable cup
Tuesday	Malt O Meal Sausage pancake muffin	Chicken noodle soup Mississippi pot roast Mashed potatoes Chicken pesto pizza Keto chicken pesto pizza Green beans Mini donuts	Chicken noodle soup Beef chimichanga with toppings Seasoned corn
Wednesday	Oatmeal Breakfast casserole	Buffalo chicken soup Stromboli Crab cake with remoulade sauce Roasted zucchini Cookie butter banana pie	Buffalo chicken soup Cheesy potato and kielbasa bake Malibu blend vegetables
Thursday	Malt O Meal Apple cinnamon bake Donuts	Creamy taco soup Turkey melt on ciabatta bread Orange chicken White rice Cauliflower rice Steamed broccoli Peanutty brownie	Creamy taco soup Grilled cheese sandwich Cauliflower
Friday	Oatmeal Canadian bacon breakfast pizza	Loaded potato soup BBQ pulled pork salad Philly macaroni and cheese Garden blend vegetables Pumpkin dream dessert	Loaded potato soup Turkey stuffing hotdish California blend vegetables
Saturday	Malt O Meal Cooks choice	Cook's choice soup Seasoned roast beef Creamy garlic pasta Mixed vegetables Cookies and cream poke cake	Cook's choice soup Chicken Caesar salad or wrap Cook's choice vegetable

The Grille is located on the lower level of the Main Campus of Lakewood Health System.
Grille menus rotate on a four-week cycle. Week 4: Starts October 26th, 2025.

