

Willamette Valley Medical Center



Monday 18-Nov	Tuesday 19-Nov	Wednesday 20-Nov	Thursday 21-Nov	Friday 22-Nov
MEATLESS				ADOBO

SAVOR AM							
SAVOR	Entrées	stuffed bell peppers with quinoa and vegetables	South Carolina Mustard BBQ Pulled Chicken	beef bourguignon, tender beef stewed in red wine with mushrooms, onions, and bacon	maple roasted pork tenderloin	Mango BBQ Meatballs	
		chicken cacciatore: succulent chicken pieces stewed in a savory tomato sauce with bell peppers	Virginia Ham and Biscuits	classic seared chicken marsala	tender beef pot roast slow-cooked to perfection with hearty vegetables and savory herbs	Jamican Curry Chicken	
	Vegetables	crisp green beans sautéed with garlic and almonds	Savory Collard Greens	roasted mixed italian vegetables	snap peas lightly seared to preserve their crispness, tossed with vibrant tri-color peppers	Jamaican Callaloo	
		oven-roasted cauliflower florets seasoned with aromatic spices	Orange glazed Carrots with Cilantro	fresh spinach leaves delicately sautéed with garlic and olive oil	tender carrots delicately glazed with clarified butter	Jerk Roast Vegetables	
	Starch	cornbread pudding	Red Beans and Rice	creamy polenta	velvety whipped potatoes blended with creamy sour cream and fresh chives	Sweet potato Fries	
		garden rice brimming with a colorful medley of fresh vegetables	Creole Mac & Cheese	tender egg-noodles tossed in a luscious buttery sauce	golden roasted sweet potato wedges, caramelized to perfection	Coconut Lime rice	
	CHEF'S TABLE						
	comfort		broccoli cheddar	Navy Bean & Ham Soup	creamy apple and parsnip	kale and sausage	Chicken Sweet potato Stew
INDULGE		maple pecan bars	Campfire Berry Peach Cobbler	apple pear crisp	fig and walnut bread pudding	Giant Cookie	

Menu items are subject to change without notice due to product availability