### Iberia Medical Center

#### Main Campus
- **Breakfast**: 6:30am-9:30am
- **Lunch**: 11am-2:00pm

6-Nov

All ❤️ Items are the Heart Healthy Meal Choices for the Day!!

<table>
<thead>
<tr>
<th>Day</th>
<th>Menu</th>
<th>Calories</th>
<th>Price</th>
<th>Calories</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Chicken Qtr 450 Kcal $2.49</td>
<td>Mac &amp; Cheese 250 Cals $1.50</td>
<td>Hot Dogs with Chili (2) 370 Kcal $3.99</td>
<td>Green Beans 110 Cals $0.99</td>
<td>Chili $3.99</td>
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<tr>
<td>Tuesday</td>
<td>Meatball Stew 250 Cals $3.99</td>
<td>Rice 145 Cals $0.75</td>
<td>Chicken &amp; Shrimp Pastalaya 260 Kcal $3.49</td>
<td>Malibu Blend 85 Cals $0.99</td>
<td>Loaded Potato Soup $2.49</td>
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<tr>
<td>Wednesday</td>
<td>Shrimp Stew 150 Cals $3.99</td>
<td>Steamed Rice 100 Cals $0.75</td>
<td>Italian Sausage Baked Spaghetti $3.49</td>
<td>Sweet Peas 165 Cals $0.99</td>
<td>Rotisserie Chicken 250 Cals $2.49</td>
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<tr>
<td>Thursday</td>
<td>Lasagna 550 Kcal $3.49</td>
<td>Roasted Potatoes $1.50</td>
<td>Thai Chicken Bites (Spicy) $3.99</td>
<td>Garden Rice $0.99</td>
<td>Rotisserie Chicken 250 Cals $2.49</td>
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<tr>
<td>Friday</td>
<td>Beef Tips 265 Cals $3.99</td>
<td>Steamed Rice 100 Cals $0.75</td>
<td>Fried Fish $2.99</td>
<td>California Blend 120 Cals $0.99</td>
<td>Rotisserie Chicken 250 Cals $2.49</td>
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<tr>
<td>Saturday</td>
<td>Spaghetti $3.49</td>
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<tr>
<td>Sunday</td>
<td>Fried Chicken Breast or Thigh $2.49, wing or leg $1.50</td>
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</tbody>
</table>

**Menu subject to change. Calories are based on strict portion sizes & will vary based on your individual serving & added condiments.**
Monday
- Black Eye Peas & Sausage: 390 Cals, $2.99, Steamed Broccoli: 45 Cals, $0.99
- Fried Chicken Tenders: 400 Cals, $3.99, Steamed Rice: 100 Cals, $0.75, Carrot Souffle': 90 Cals, $1.50

Tuesday
- Orange Chicken: 380 Cals, $3.49, Breaded Okra: 85 Cals, $1.50
- Sliced Beef & Mushrooms: 180 Cals, $3.49, Vegetable Lo Mein: 400 Cals, $2.49, Stuffed Bell Pepper: 180 Cals, $1.99

Wednesday
- Lasagna: 430 Cals, $3.49, Green Beans: 65 Cals, $0.99
- Fried Pork Chop: 360 Cals, $3.49, Broccoli Rice & Cheese: 90 Cals, $1.50
- Southwest Egg Roll: $1.50, Casserole

Thursday
- Rotisserie Chicken: 350 Cals, $2.49, Baked Sweet Potato: 85 Cals, $1.50, Steamed Veggie Blend: 45 Cals, $0.99

Friday
- Chicken Quesadilla: 500 Cals, $3.99, Fried Green Tomato: 85 Cals, $1.50
- Fried Fish: 300 Cals, $2.99, Mac N Cheese: 180 Cals, $1.50, California Blend Veggies: 45 Cals, $0.99

Saturday: Closed (Main Campus Bistro is open!)
Sunday: Closed (Main Campus Bistro is open!)

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