



the Dinner Bell **Café**  
**UP HEALTH SYSTEM**  
 BELL

The Café Hours	
Breakfast	6:30am – 10:00am
Lunch	11:00am - 1:30pm
chef's table	11:00am – 12:30pm
Dinner	4:30pm – 6:00pm

	Monday 16-Mar	Tuesday 17-Mar	Wednesday 18-Mar	Thursday 19-Mar	Friday 20-Mar
		Corned Beef and Cabbage	Beef Barbacoa Nacho Bar	Teriyaki Chicken Rice Bowl	
			Shredded beef barbacoa with a jalapeno cheese sauce and your choice of toppings served over tortilla chips	Chicken with edamame, carrots and other veggies in a teriyaki sauce, served over brown rice with an eggroll	
Entrée	Chicken pot pie	sesame chicken	Mediterranean Tuna	Cabbage Rolls	shrimp scampi
	creamy chicken pot pie in a flaky crust	soy marinated chicken oven baked until golden brown, served with rice	Baked tuna filets with olives and tomatoes	seasoned beef and rice rolled in cabbage leaves and cooked in a marinara sauce	lemony garlic shrimp
Dish Bake	Nacho or Taco Bar	scalloped potatoes and ham	spinach pie	macaroni and cheese	beef goulash
	Beef or chicken served over nacho chips or you choice of hard or soft tacos	creamy potatoes with ham and cheese	spinach, rice and cheese baked in a pie	classic mac and cheese	noodles and ground beef in a marinara sauce with mozzarella cheese
Vegetables	mexican corn	stir fry veggies	chili glazed carrots	balsamic mushrooms	asparagus
	onion rings	green beans	brussel sprouts with bacon	basil scented cauliflower	roasttd zucchini and yellow squash
Starches	refried beans	rice	wild rice	pineapple glaze	tater tots
	spanish rice	pretzel	fries	waffle fries	mozzarella sticks
Grill Specials	cuban panini	Reuben	french dip	Grilled Cheese	Greek Pizza
Soup #1	chicken noodle	baja chicken enchilada	Steak and potato	Tomato soup	Cheeseburger soup
Soup #2	chefs choice	chefs choice	chefs choice	chefs choice	chefs choice
Well Being Meal	chicken pot pie, mexican corn	sesame chicken, rice, stir fry veggies	veggie wrap, cottage cheese	garden veggie wrap, mushrooms	beef goulash & roasted broccoli & cauliflower
Breakfast Special	biscuits and gravy	baked oatmeal	corned beef hash	blueberry pancake	biscuits and gravy
					WK. 2

**Well Being: featured meal (entrée and two sides) with fewer than 550 calories, less than 15 grams of fat, and at least 2 -3 grams of fiber**

chicken pot pie 99kcal, 2g fat, 3.5g fiber; mexican corn 1 cup 100kcal, 0g fat, 2g of fiber: Total: 299kcal, 4.5g fat, 5.5g fiber	sesame chicken 150kcal, 5.3g fat, 0g fiber, ½ cup rice 23kcal, 0g fat, 1.3g fiber; 1 cup buttered egg noodles 256kcal, 7g fat, 1g fiber. Total: 429kcal, 12.3g Fat, 2.3g Fiber	veggie wrap 150kcal, 10g protein, 2g fat, 8g fiber & 1/2 cup of cottage cheese 70kcal, 1.5g fat, 1g fiber for total: 220kcal, 3.5g fat, 9g fiber	Garden Vegetable Wrap 150kcal, 10g protein, 2g fat, 8g fiber & 1 cup mushrooms 70kcal, 1.5g fat, 1g fiber for total: 220kcal, 3.5g fat, 9g fiber	beef goulash 131kcal, 2.31g fat, 1g fiber, 1/2 cup roasted root veggies 166kcal, .5g fat, 3g fiber; 1 cup asparagus 20kcal, 0g fat, 2g fiber. Total 317kcal, 3g fat, 6g fiber.
---	--	--	--	--