



150 Memorial Drive Kingwood, WV 26537

**Café 150 Menu**

Week 8

\* Denotes Healthier Choice  
Calories noted in red.

Now Open for Lunch from 11:30am-1:30pm

**Lunch 11:30-1:30**

January 27, 2020		January 28, 2020		January 29, 2020		January 30, 2020		January 31, 2020	
Monday		Tuesday		Wednesday		Thursday		Friday	
Baked Wings 5 each /450	\$ 3.00	Spaghetti/½ cup 110	\$2.25	Stuffed Cabbage Rolls /210	\$ 1.75	Crispy Chicken Salad	\$ 4.25	Breaded Pollock Fish Sandwich /310	\$2.75
Winterblend */25	\$ 0.70	Lasagna/166	\$2.25	Duchess Potatoes/ ½ cup 144	\$ 0.90	Large/1023 egg, cheese		Hush Puppies 3/170	\$0.75
Salmon/Sweet Chili Sauce /260	\$ 2.50	Stuffed Shells w/ Sauce ea.	\$ 0.60	Broccoli*/40	\$0.70	Hot dogs/271	\$ 1.30	Cole Slaw/134	\$0.70
Seasoned Rice /130	\$ 0.75	3 w/Sauce/590	\$ 1.50	Herbed Seasoned Chicken*/160	\$ 2.00	Mushroom Swiss Burger/438	\$ 2.10	Steamed Veggie Blend */83	\$0.70
Spinach */40	\$ 0.70	Chicken Fillet/170	\$1.75					Turkey Sandwich	\$2.25
		California Blend */25	\$0.70					White /258	
		Bread Sticks/ 140 ea	\$0.50					Wheat /258	
Buffalo Chicken & Potato Soup	\$ 0.95	Broccoli Soup-low fat, low sod /175	\$0.95	Vegetable Soup */189	\$ 0.95	Tomato Soup */90	\$ 0.85	Potato Soup LF-12oz/255	\$0.95

**Dinner 5:15-6:00**

Monday		Tuesday		Wednesday		Thursday		Friday	
Meatloaf/235	\$ 2.25	Open Faced Turkey Sandwich	\$2.25	Chef Salad/403	\$ 4.25	Beef Tomato Macaroni		Tomato Soup *90	\$0.85
Whipped Potatoes */85	\$ 0.90	White/228		Mushroom Swiss Burger/438	\$ 2.10	Small-½ cup/128	\$ 1.35	Grilled Cheese Sandwich	\$1.00
Corn*/132	\$ 0.70	Wheat/228		Fish Fillet/210	\$ 1.75	Large-1 cup/256	\$ 2.25	White/280	
Peas*/145	\$ 0.70	Whipped Potatoes */85	\$0.90			Winter Blend *1 cup/30	\$ 0.70	Wheat/280	
Chicken Fillet/325	\$ 1.75	Sandwich w/ Potatoes & Gravy	\$3.00			Bread Sticks/ 140 ea	\$0.50	Chicken Tender/185	\$0.75
		Carrots */35	\$0.70			Corn Dogs/460	\$ 1.50		