



April 2019 Menu
New Hanover Regional Medical Center

1. Basil Pine Nut Pesto Chicken and Pasta

Tender shredded chicken rolled in a savory pine pesto sauce served atop spinach and tri colored whole wheat pasta and diced tomatoes

2. General Tso's Chicken with Steamed Broccoli and Cilantro Brown Rice

Sweet and spicy shredded chicken that melts in your mouth. Paired with steamed broccoli and cilantro brown rice.

3. Lean Turkey Melt with Garden Fresh Beans and Blackened Yukon Gold Potatoes

Our lean ground turkey tossed with Cheddar and Monterey jack cheese, our special sauce and Paired with garden fresh green beans and blackened Yukon gold potatoes

4. Honey Caribbean Jerk Lean Ground Turkey with cubed Sweet Potatoes and Snap Peas

Our lean ground turkey rolled in a Caribbean jerk honey glaze. Served with our famous cubed sweet potatoes and crispy snap peas.

5. Buffalo Blue Pork Sirloin with Cubed Sweet Potatoes and Cabbage

Pork sirloin baked, then shredded, and marinated in buffalo sauce. Topped with a blue cheese crumble. Paired with our cubed sweet potatoes and blackened cabbage.

6. Honey Citrus Shredded Steak with Snap Peas and Garden Basmati Rice

Inside Round Steak baked overnight for supreme tenderness, pulled then tossed in a refreshing honey citrus lime sauce with fresh cilantro. Served with garden basmati rice and snap peas.

7. Beef Goulash Garden Pasta

Fresh tomato, spinach, basil, and lean beef stew served over garden rotini pasta.

8. Coconut Sesame Salmon with Seasoned Brussel Sprouts and Steamed Brown Rice

Wild caught salmon brushed with a sweet coconut and black sesame seed glaze then baked to perfection and accompanied with seasoned brussel sprouts and citrus brown rice.

9. Lemon Pepper Shrimp with Fresh Zucchini and Quinoa

Spring flavored shrimp tossed in a light lemon pepper seasoning and garden fresh green peppers. This dish comes with exotic tri colored quinoa and fresh zucchini.

10. Shrimp Scampi with Steamed Broccoli and Basmati Rice

Sautéed shrimp in a white wine, butter reduction and rolled with fresh basil. Paired with steamed broccoli and clean basmati rice.

11. Vegan Spinach Pesto Sausage with Spinach and Butternut Squash

Vegan spinach pesto sausage diced and rolled in a vegan sundried tomato pesto. With crisp spinach and seasoned butternut squash.

12. Smoked Apple Vegan Sausage with Sautéed Peppers and Onions with Crisp Snap Peas & Yukon Gold Potatoes

Smoked Apple Vegan Sausage sautéed with fresh peppers and onions and served with sweet snap peas, and Yukon gold potatoes. A spicy sweet vegan dish packed with plant based protein.