

**FoodConnectsUs**  
2025 NATIONAL NUTRITION MONTH\*

Looking for resources to help you **THRIVE**?

**THRIVE**  
by **BJC**



www.thrivebybjc.org\*

\*for BJC employees

# Weekly Café Menu

March 24th to March 30th, 2025

**St. Louis Children's Hospital**

**Hours of Operation**

Open Daily 6:00am - 2:00am

\*indicates served from 11am—2:30pm

Share your feedback!



Hold phone camera over QR code & follow link

## Monday

**entrée:** Chicken Cacciatore, Seasoned Garden Vegetables, Rice Pilaf  
**grill:** Embers Grill  
**specialty:** Spuds Shack  
 \* **deli:** Firehouse Subs  
**soups:** Chicken Noodle, Broccoli Cheese  
 \* **expo:** Pastrami Sandwich, Kettle Chips  
**breakfast:** Breakfast Bar

## Tuesday

**entrée:** Oven Fried Tilapia, Grilled Vegetables, Herbed Rice Pilaf  
**grill:** Embers Grill  
**specialty:** Ramen Republic  
 \* **deli:** You Pick 3 Deli  
**soups:** White Chicken Chili, Potato Chowder  
 \* **expo:** Buffalo Chicken Wrap  
**breakfast:** Assorted Quiche, Omelets

## Wednesday

**entrée:** Black Bean Burrito, Spanish Rice, Southwestern Roasted Vegetables  
**grill:** Embers Grill  
**specialty:** Okra Bar  
 \* **deli:** You Pick 3 Deli  
**soups:** Stuffed Pepper, Chicken Noodle  
 \* **expo:** Fish Tacos with a Jalapeno Slaw, Chips and Salsa  
**breakfast:** Breakfast Burrito, Dirty Rice

## Thursday

**entrée:** House Smoked Brisket, Hasbrow Casserole, Smothered Green Beans  
**grill:** Embers Grill, Redbird Hot Chicken Nachos  
**specialty:** Opening Day Bar!  
 \* **deli:** You Pick 3 Deli  
**soups:** Beef Vegetable, Tomato Basil  
 \* **expo:** Pretzel Dog with Loaded Cheese Tots  
**breakfast:** Breakfast Bar

## Friday

**entrée:** Tortilla Crusted Tilapia, Creamed Spinach, Scalloped Potatoes  
**grill:** Embers Grill, Friday Fish Fry  
**specialty:** Caribbean Bar  
 \* **deli:** You Pick 3 Deli  
**soups:** Minestrone, Corn & Green Chile Chowder  
 \* **expo:** Philly Cheesesteak, Fries  
**breakfast:** Breakfast Bar

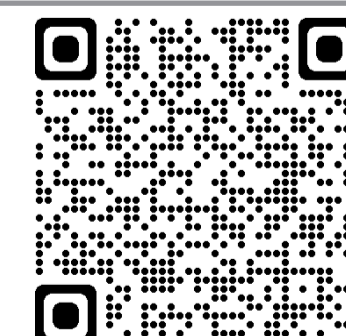
## Saturday

**entrée:** Chicken Cacciatore, Seasoned Garden Vegetables, Rice Pilaf  
**grill:** Embers Grill  
**specialty:** Spud Shack  
**breakfast:** Breakfast bar

## Sunday

**entrée:** Roasted Pork Loin, Stir Fry Vegetables, Jasmine Rice  
**grill:** Embers Grill  
**specialty:** Sunday Bar  
**breakfast:** Breakfast bar

For Nutrition Facts go to: <http://morrisoncafes.compass-usa.com/BJCHealthCare>



All menu items are subject to change and/or substitution without prior notice due to product availability.