

Made to Order Heart Healthy Menu

We will continue to offer our regular made to order menu during the week and weekends.

This menu is for those that are looking for healthier options here at RCH.

All food items are grilled or steamed and are lightly coated in olive oil and salt free seasonings.

5/24/2021



Lunch orders can be placed at 11:00 AM for lunch on the weekends.

Dinner orders can be placed at 4:00PM for dinner during the week and weekends.

MTO is not available for lunch during the week. We offer MTO on the weekends when there is no other scheduled meal in the café for service.

Cutoff time for lunch orders on the weekends is 1:00PM

Cutoff time for dinner orders during the week is 6:00PM

Cutoff time for dinner orders on the weekends is 5:45PM

Please Call EXT. 1570

MADE TO ORDER HEART HEALTHY LUNCH & DINNER MENU



900 N. 2nd St., Rochelle, IL 61068

815-562-2181 ext.1570

Lunch MTO Weekend Hours: 12:00PM-1:15PM

Dinner MTO Hours: 5:00PM-6:15PM

Weekend MTO Dinner Hours: 5:00-6:00PM

Entrees:

Grilled Chicken	143 Cal.	\$3.00
Grilled Tilapia	101 Cal.	\$3.00
Grilled Turkey Burger	309 Cal.	\$3.00
Grilled Chicken Sandwich	386 Cal.	\$3.00
Grilled Veggie Burger	170 Cal.	\$3.00
Grilled Shrimp	76 Cal.	\$5.00
Protein Plate	450-500 Cal.	\$7.00
Fresh Fruit & Cottage Cheese Plate	400 Cal.	\$5.00

Starch:

Brown Rice	106 Cal.	\$.75
Couscous	121 Cal.	\$.75
Tofu	173 Cal.	\$.75
Red Potatoes	124 Cal.	\$.75

Veggie:

Steamed Broccoli	19 Cal.	\$.75
Steamed Carrots	36 Cal.	\$.75
Steamed Green Beans	31 Cal.	\$.75
Steamed Vegetable Medley	58 Cal.	\$.75