



the Regional Medical Center
Orangeburg, SC

Café RMC

Week of Monday February 28th , 2022

Café Entrées & Salad Recipes were
Developed by our Regional
and National Chefs and Dietitians .
Check Out Our **Daily** Grill, Entree
and Grab & Go Offerings!

Meal Service Hours

Monday - Friday

Breakfast 7am- 9:30am

Lunch 11am - 1:30pm

Grille 11am- 2pm

Vending 24 Hours

*****TRMC Employees Receive a 25%
Discount on Listed Menu Items ! *****

Nutrition Services Team

Becky Huggins , Café Supervisor
Shelia Jackson , Café Specialist
Rodney Govan , Executive Chef
Mike Fredericks , Department Director



Thought for the Day

**If You Ever Drop Your Keys into a River
of Molten Lava , Let 'em Go !
Because , Man , They're GONE !**

~ Jack Handy

Monday

Today's Soup : Stuffed 'Tater Soup

Features : Famous Fried Pork Chop
Braised Flank Steak
Steamed White Rice / Brown Gravy
Fresh Asparagus /
Black Eyed Peas
Yeasty Dinner Rolls

Fat Tuesday !!

Today's Soup : Bayou Chicken Gumbo

Features : Andouille Sausage
Crispy Fried Fish
Cajun Dirty Rice
Fried Okra / Lima Bean Casserole
WOW ! Chef's Muffaletta ! !
Baby Cornbread Muffin / Brussel Sprouts

Wednesday : Hot Diggity Dog !

Today's Soup : Famous Broccoli & Cheddar Soup

Features : Hot Dog Combo Bar
Fresh Shredded Cole Slaw
Coney Dog Chili
BBQ Baked Beans
Crispy Tater Tots

Thursday

Today's Soup : Italian Wedding Soup

Features : Smoked Pork Ribs
BBQ Chicken Quarters
Loaded Potato Salad
Cowboy Beans / Fresh Steamed Green Beans
Steamed Long Grain Rice / Dinner Roll
Blueberry Cobbler

Friday

Today's Soup : Chicken & Wild Rice

Features : **Chicken Wing Madness !**
Steamed Veggies
Meat Lovers Pizza Pie by the Slice
Jo-Jo Potato Wedges
Carrot & Celery Sticks

Saturday & Sunday

*Try our Seasonal Menu Stylings Available Weekends &
Holidays . Please Enjoy !*

