

July 25, 2017

Rambling Rogue Café mixes it up with a more diverse menu

Asante Rogue Regional's cafeteria continues to make changes to offer employees, patients and visitors healthier options and greater variety. Beginning next Monday, it introduces an expanded menu at its exhibition station, which provides made-to-order specials.

The daily specials, now on six-week rotations instead of four, include:

- Monday: A new build-your-own bar allows diners to choose from pasta to baked potatoes, tacos, Hawaiian food or chili.
- Tuesday: The popular omelet bar remains, but will alternate weeks with other breakfast treats such as waffles and crepes. Every six weeks the station will serve all-day breakfast (yay!), offering eggs Benedict and eggs Florentine.
- Wednesday: "Bowl day" continues with chicken shawarma, spicy shrimp or other bowl variants.
- Thursday: The station goes global with Thai, Korean, Greek and other ethnic foods.
- Friday: The chefs offer a taste of America with a New England seafood bake, Cajun dishes, Texas barbecue or other "Route 66" specialties.



"We've also gone fresh," says Danna Thornhill, food production supervisor. "The majority of our food is created in house — not brought in or pre-prepared. We have two classically trained chefs who are really improving the quality."

Besides these changes, Nutrition Services has also created a new room-service menu for patients, including a pediatric specialty menu.

ARRMC began its shift to healthier fare in [March](#) when it replaced some high-fat, high-carb foods, such as cheesy nachos and sugary frozen yogurt toppings, with more fresh fruits, vegetables and low-cal options.

Look for more improvements in the deli and hot stations, as well as the espresso bar in the coming months.