

**HOURS:** M-F 6:30AM-9:30AM | 11AM-4PM  
Sat-Sun & Holidays 6:30AM-2:00PM



**Terrebonne**  
GENERAL HEALTH SYSTEM

April 6-10, 2026

**EMBERS**  
GRILL

seasons of the south burger	\$6.20	fries	\$1.90
grilled chicken sandwich	\$4.30	grilled veggie	\$1.35
turkey burger	\$3.40	chicken tenders	\$4.90

**MONDAY**

- maple pecan pork loin | \$5.15
- chicken stew with rice | \$5.30
- smoked sausage | \$2.80
- red beans & rice | \$2.10
- broccoli | \$1.35
- zucchini & tomatoes | \$1.35
- potato salad | \$1.45

**TUESDAY**

- salisbury steak | \$5.50
- spicy chicken thigh | \$5.30
- shrimp fettuccine | \$5.70
- mashed potatoes | \$1.35
- roasted green beans | \$1.35
- mirlition casserole | \$1.35
- creamed corn | \$1.35

**WEDNESDAY**

- fried chicken | \$5.30
- baked chicken | \$5.30
- braised beef | \$5.50
- lima beans & rice | \$2.10
- squash casserole | \$1.35
- asparagus | \$1.35

**THURSDAY**

- bbq beef | \$5.50
- wings | \$5.30
- pulled pork | \$5.15
- mac & cheese | \$1.35
- baked beans | \$1.35
- smothered cabbage | \$1.35
- white rice | \$1.35

**FRIDAY**

- fried fish | \$5.70
- baked fish | \$5.70
- beef stuffed bell pepper | \$5.50
- white beans & rice | \$2.10
- collard greens | \$1.35
- carrot soufflé | \$1.35
- potato salad | \$1.45

**SOUPS**

- MONDAY
- chk & sausage gumbo | \$5.00
- TUESDAY
- chef's selection
- WEDNESDAY
- beef vegetable soup  
8oz-\$3..10 | 16oz-\$5.00
- THURSDAY
- chef's selection
- FRIDAY
- shrimp & okra gumbo | \$6.45

**THE GREENHOUSE**  
GARDEN FRESH SALADS

- medium salad | \$6.60
- side salad | \$2.05

\*menu is subject to change.