Breakfast SANDWICHES

Spinach & Egg White Delight (259 cal.) **\$3.69** Hard fried egg with fresh, sautéed spinach and Swiss cheese on a toasted whole wheat English muffin.

Sausage, Egg & Cheese Bagel (622 cal.) **\$3.99** Fresh sausage patty, American cheese, and a hard fried egg on a toasted bagel.

WRAPS

BAGEL TOPPERS

A toasted bagel topped with Nutella, banana slices, and almonds.

PASTRY OF THE DAY (106-465 cal.) \$1.99

HELPING Fight Hunger IN OUR COMMUNITY

The Changed Plate is serving two signature dishes with 10 percent of the proceeds going towards Hunger Solutions.

The two dishes are the *Sausage, Egg & Cheese Wrap* for breakfast and the *Classic Italian Flatbread* for lunch.

WHAT IS HUNGER SOLUTIONS?

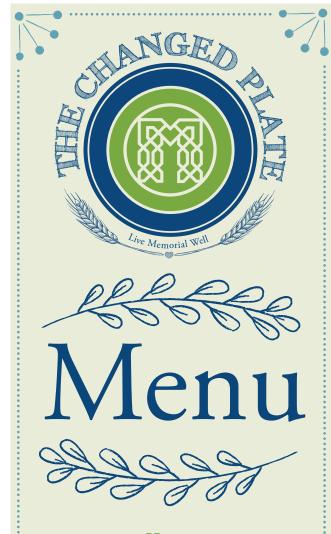
Memorial Health System has partnered with Peoples Bank, Marietta College and Bricker and Eckler Attorneys at Law to create a community-based, collaborative plan to raise awareness and help eliminate hunger in our region. This partnership brings necessary resources and support to our community as we strive to collaborate with agencies and organizations to lessen and eventually end hunger in the Mid-Ohio Valley.

Mission & Vision

- To reduce hunger in the Mid-Ohio Valley.
- To ensure all residents in the Mid-Ohio Valley have access to nutritional food by providing direct food assistance, education and long term solutions to prevent hunger through the collaborative efforts of local businesses and support agencies.

In helping meet the goal of fighting hunger in our community, Hunger Solutions provides the following programs: Live Healthy Kids, Calendar of Giving and Food Pantry Assistance.





Hours:

Monday - Friday | 7 a.m. - 2:30 p.m.

Belpre Medical Campus 803 Farson Street, Belpre, Ohio (740) 423-3619



Lunch

MADE	TN	NRNFR	SANDWICHES	١
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Turkey Cheddar Club (417 cal.)............\$5.89 Sliced turkey breast, turkey bacon, cheddar cheese, lettuce, and tomato on a sub roll.

brioche bun.

Grilled Santa Fe Chicken (427 cal.)....**\$5.29** Seasoned grilled chicken breast, pepper jack cheese, basil pesto, and red onions on a

Grilled Madison Roast Beef
(609 cal.).....\$5.89
Roast beef, Swiss cheese, roasted mushrooms,
and basil pesto on rye bread.

Buffalo Chicken Wrap (550 cal.)........\$4.89 Grilled chicken breast with cabbage, carrots, and a buffalo blue cheese spread in a whole wheat tortilla.

GRAIN BOWLS

Globally-inspired whole grains and vegetables served in aromatic broths.

GARDEN BOWLS

Hand-tossed greens and toppings served in a crisp cracker bowl.

Salmon Summer Berry (454 cal.)...........\$7.49
Salmon | Spinach | Blueberries | Feta Cheese |
Almonds | Red Onion | Berry Balsamic Dressing

BUILD YOUR OWN BOWL

Garden Bowl \$5.49
Grain Bowl \$6.49
See order form at counter for options.

Carrot Sticks ARTISAN FLATBREAD

with House Salad

with House Salad	
Classic Italian (564 cal.) Italian Sausage Tomato Sauce Red Onion Fire Roasted Peppers Meatballs Mozzarella	\$7.29
Red (476 cal.)	\$7.29
Bianca (643 cal.)	\$7.29
Pesto Chicken (676 cal.)	\$7.29
Garden (457 cal.)	\$7.29
CRAFT YOUR OWN FLATBREAD See order form at counter for options	\$7.29
SOUP OF THE DAY $(70-325 \text{ cal.})$	\$2.49
CHILDREN'S COMBO MEAL	\$4.99
Kids Pepperoni Flathread	

Kids Cheese Flatbread Kids Pepperoni Flatbread Grilled Cheese

Cloud Us The Changed Plate is changing the way we think about our food and its benefits to our body. Our chef, dietitians, and team designed a menu with hand crafted, fresh ingredients that not only taste good, but is also good for your body. Our restaurant hosts cooking classes for the community as well as diabetic and cancer patients. To stay up to date on our class schedule, follow us on Facebook page (@TheChangedPlate).