

the LEGACY

Landstuhl Regional Medical Center

November 2022

Vol. 3, No. 18



LRMC LegacyFest welcomes local leaders, p. 9

INSIDE:

Breast Cancer Awareness at LRMC, pg. 4

LRMC optometrist excels at Army Ten Miler, pg. 10

Events and Training Calendar

Nov. 1: All Saints Day (German Holiday)
 Nov. 1: NCO Induction, Heaton, noon
 Nov. 2: LRMCA Annual Training, Heaton
 Nov. 3: Hospital Newcomers Orientation, Heaton, noon
 Nov. 4: Class B Day
 Nov. 8: Local National Assembly, Heaton, 7 a.m.
 Nov. 9: CPR Classes (American Red Cross)
 Nov. 9: TeamSTEPPS, Heaton
 Nov. 9-10: Arbinger Outward Leadership (CODE)
 Nov. 10: Marine Corps Birthday
 Nov. 11: Veterans Day (Federal Holiday)

Nov. 14-18: LRMCA Best Medic Competition
 Nov. 15-18: Army Nurse Corps chief visit
 Nov. 16: LRMCA Annual Training, Heaton
 Nov. 16-17: Arbinger Outward Mindset
 Nov. 17: Hospital Newcomers Orientation, Heaton, noon
 Nov. 17: Working with Local Nationals, MS Teams, 8 a.m.-noon
 Nov. 18: Native American Heritage observance, Heaton, noon
 Nov. 23: Thanksgiving meal, DFAC, 11 a.m.-1:30 p.m.
 Nov. 24: Thanksgiving (Federal Holiday)
 Nov. 28-Dec. 2: MRC, Europe Best Medic Competition
 Nov. 29: LRMCA Town Hall, Heaton, noon

the LEGACY

LANDSTUHL REGIONAL MEDICAL CENTER
 November 2022 • Vol. 3, No. 18

Commander: Col. Andrew L. Landers
 Command Sgt. Maj. Omar Mascarenas
 Public Affairs Chief / Editor: Marcy Sanchez

The Legacy is published monthly by the Landstuhl Regional Medical Center Public Affairs Office under the authority of AR 360-1 to provide the staff and families of LRMCA with information on people, policies, operations, technical developments, trends and ideas of and about the U.S. Army Medical Command and LRMCA. The views and opinions expressed are not necessarily those of the Department of Defense or the U.S. Army Medical Command. Direct communication is authorized to Public Affairs, The Legacy, Unit 33100 Attn: PAO, APO AE 09180-3100. Phone: DSN 314-590-8144 or commercial from the United States 011-49-6371-9464-8144. Or send an email to usarmy.lrmc.pao@mail.mil. Unless otherwise indicated (and except for "by permission" and copyright items), material may be reprinted provided credit is given to The Legacy and the author. All photographs by U.S. Army except as otherwise credited. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement of the products or services advertised by the U.S. Government, Department of Defense, Department of the Army or Landstuhl Regional Medical Center.

For more information, visit us at
<https://Landstuhl.TRICARE.mil>

 Connect with us

 @LRMCOfficialpage

 @LRMC_Landstuhl

Save the Date!

LRMC Thanksgiving Celebration Meal

Where: Hill Top Café

Date: 23 November 2022

Time: 1100-1330

Advance Ticket Sales:

3, 10, & 17-22 November 2022

1100-1300 in front of Hill Top Café

(& 23 November 2022, 0600-0830, Hill Top Café register)

Meal Price:

Dependents of E1-E4: \$7.45

All others: \$10.05

USD or Visa/MC Accepted

Meal Card Patrons Welcome

Continental breakfast will be served 0630-0800

Thankful

Army Col. Andrew Landers, commander, LRMCA, and Command Sgt. Maj. Omar Mascarenas, command sergeant major, LRMCA, sport traditional German attire, or tracht, during the first-ever LegacyFest, Oct. 20.



Col. Andrew L. Landers
 Commander
 Landstuhl Regional Medical Center

This month is about thankfulness, honoring Veterans... and of course, turkey. As we approach Thanksgiving and the holiday season, I hope you and your families are staying healthy and safe.

Originally known as Armistice Day, commemorating the end of World War I, Veterans Day has gone through some historical changes while maintaining its intent of honoring Veterans. The day is a day of recognition to the generations of patriots who have come before us. As you may know, I come from a lineage of patriots so the day is more than an opportunity for free meals, not saying you shouldn't take advantage of that, but the holiday has special meaning as we honor our brothers and sisters who served before us.

This month we also honor our Native American brothers and sisters. November is Native American Heritage Month, when we celebrate the diverse and rich culture of Native people. On Nov. 18 at noon, join us for our LRMCA Native American Heritage Month celebration in the Heaton Auditorium.

Now, many of you might think November,

or no-shave November, is Men's Health Month, however, that's not entirely correct. Throughout November you'll see us post on social media about pancreatic cancer, diabetes, pulmonary disease, Alzheimer's, stomach cancer, sun exposure, and stress. These are all observances throughout the month, and while anyone can be diagnosed, not just men, there is a common risk factor with most of these: tobacco use. On Nov. 17, the Great American Smokeout challenges tobacco users to quit for one day, 24 hours. That first step is hard but worth a healthier life, directly reducing your risks in a diagnosis. How much is your health worth to you?

I invite you and your families to enjoy our LRMCA holiday meal at the Hilltop Café, Nov. 23. Your leadership team will join the staff in serving up a delicious, traditional meal. Tickets can be purchased in advance in front of our DFAC Nov. 3, 10, and 17-22, from 11 a.m.-1 p.m. Tickets will also be available the morning of the meal and during the meal itself.

As I said earlier, this month is about thankfulness and family. But, I would be remiss if I didn't also remind you that this can be a tough time for some folks. While many people are gathering with loved ones,

others may feel alone. Please make sure to check on your Soldiers, Airmen, Sailors and Marines, not to mention friends and family. Invite them to our Thanksgiving meal so they can dine around others. The holidays can be especially hard for those who may have experienced loss or other tough times.

Invest in the value of your family life by spending free time with your family and loved ones. There is no substitute for quality time with those you love.

Perhaps most important when it comes to spending quality time is doing it safely. Last month we kicked off our Bivalent COVID-19 booster vaccinations and influenza vaccine drives. If you haven't had yours, I encourage you to check for upcoming opportunities on our [website](#).

Continue following recommended COVID-19 risk mitigation tactics to keep yourself and your loved ones healthy.

I wish everyone a safe and happy Thanksgiving and look forward to seeing you throughout the holiday season.

LRMC Recognizes Breast Cancer Awareness Month

By John Ciccarelli
Public Affairs Specialist
Landstuhl Regional Medical Center

Since 1985 the U.S. has recognized October as Breast Cancer Awareness Month, highlighting the steps everyone can take to identify and treat breast cancer. One in eight women (12.9 percent) and one in 800 men (0.1 percent) will develop breast cancer at some point in their lives.

Lt. Col. Teresa Finnila, Officer in Charge at the Landstuhl Regional Medical Center (LRMC) Mammography Department, discusses breast health basics:

Why is it important to get regularly checked for breast cancer?

Aside from lung cancer, Breast cancer is the second leading cause of cancer death in women. The chances that a woman will die from breast cancer is about 1 in 39 (about 2.5%).

Yearly screening mammograms allow for the early detection of breast cancer before it turns into a lump that you can feel. Catching it at this early stage allows women to be treated with less extensive surgery, fewer mastectomies, and less chemotherapy.

Most importantly, getting regular breast cancer screening mammograms has been proven to cut the risk of dying from breast cancer nearly in half.

What is LRMC doing for early detection of breast cancer?

Screening mammograms are available to any DOD ID card holder, aside from local nationals. Beneficiaries, starting at the age of 40, can self-refer for screening mammograms. However, if you're having any problems (like

finding a new painless breast lump), a visit to your healthcare provider is necessary to ensure you receive the most appropriate imaging, as well as follow-up care.

An MRI screening is also available for high-risk women with a family history of breast cancer which is greater than 20%. This generally applies to women with a strong family history of breast cancer, a known genetic mutation, a history of chest wall radiation at a young age, or with a history of abnormal or atypical (but non-cancerous) breast biopsy, although additional risk factors also contribute to the risk calculation. If you think you might fall into this category, it's important to see your healthcare provider to know your risk level and possible genetic counseling or testing.

How many people have been screened for breast cancer at LRMC in the past year?

We have performed over 2,000 mammograms in the past year.

How can patient's lower risks?

Alcohol use, smoking, lack of physical activity, obesity, and hormone replacement therapy are the biggest modifiable risk factors for breast cancer. Women who drink 2-3 drinks a day have about a 20 percent increased risk of breast cancer, in addition to other cancers. Non-modifiable risk

factors include genetics and breast density.

Men and women should speak with their healthcare provider about their risk of developing breast cancer, especially if a family member has had breast or ovarian cancer.

•Discuss when and how often to get a mammogram.

For women ages 50 to 74 and at average risk, a mammogram is recommended every 2 years.

Men can also get breast cancer. This is often misdiagnosed or diagnosed later.

Anyone experiencing symptoms such as a lump, nipple discharge or change in the appearance of the skin on the breast or nipple should contact their healthcare provider for further testing.

To make an appointment at LRMC's Mammography Department, call DSN (314) 590-6331 or CIV 0637194646331 weekdays at 0800-1130 and 1300-1530.

A survivor's story



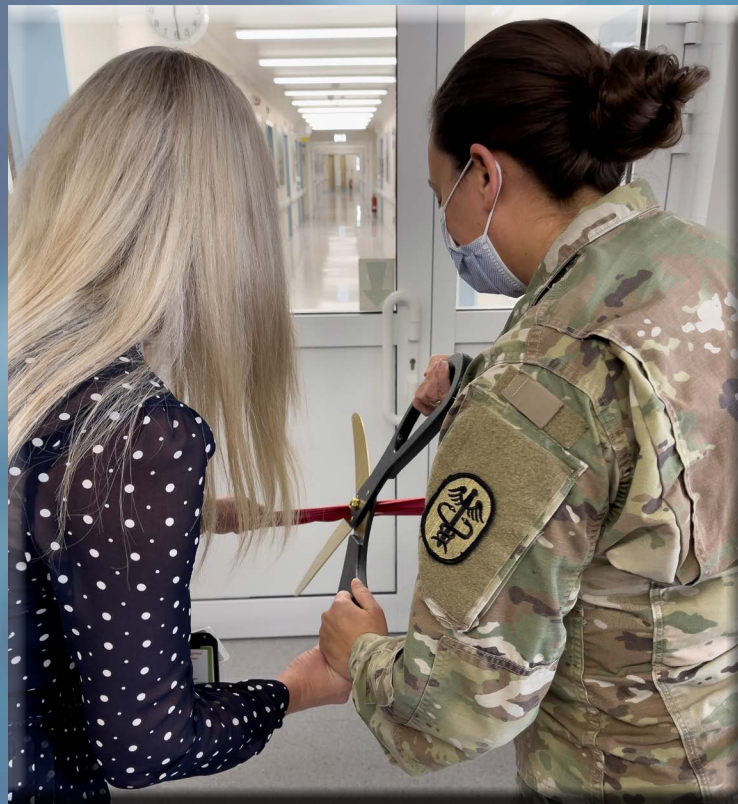
Background: Lt. Col. Teresa Finnila, officer in charge at the Landstuhl Regional Medical Center (LRMC) Mammography Department, reviews mammogram images as part of routine screening, Oct. 6.

Below: Sandy Murphy-Brown, a certified mammogram technician, conducts a mammogram on a patient at Landstuhl Regional Medical Center (LRMC) on Oct. 6.



LRMC Allergy/Immunization Clinic relocates

By John Ciccarelli
Public Affairs Specialist
Landstuhl Regional Medical Center



Monika Schigalla, supervisory architect at Landstuhl Regional Medical Center (LRMC), and Maj. Chandra Punch, chief of Allergy and Immunology Clinic at LRMC, celebrate the new LRMC Allergy/Immunization Clinic during a ribbon-cutting ceremony on Oct. 12.

Landstuhl Regional Medical Center (LRMC) celebrated the completion of its new \$2.6 million Allergy/Immunization Clinic (A/IC) on Oct. 12, with a ribbon-cutting ceremony.

The A/IC moved from 6D, to its new location at 10D. The clinic provides a full range of routine immunizations and allergy services, including skin and food testing, allergy injections for military members and beneficiaries.

"This space is home to Allergy/Immunization, but this is also a fully functional, 16-bed medical surgical ward," said Greg Schaefer, Chief of Engineering and Construction at LRMC Facilities Management Division. "Everything is brand new."

Improvements include new electrical systems, LED lighting, medical equipment and beds, desks, and an HVAC system.

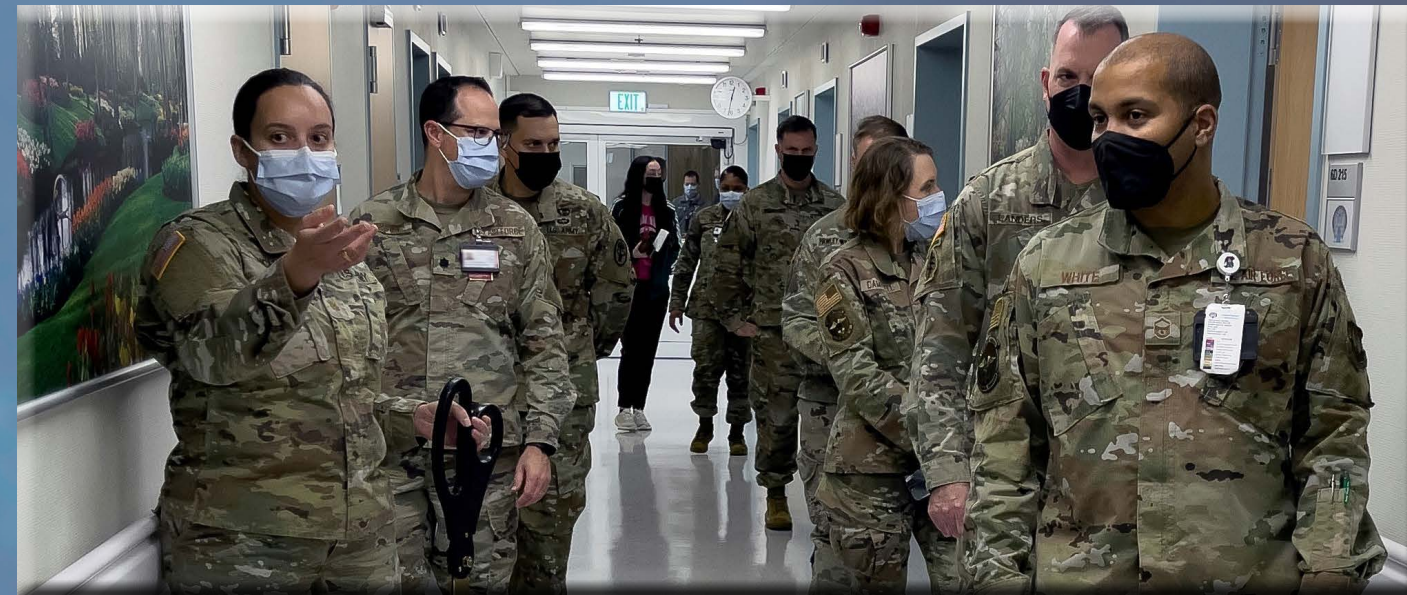
"It was our goal to provide dual functions for the ward to serve primarily as A/IC with the ability to provide 16 patient beds for the

Medical Surgical Unit in case of an emergency, without losing any functionality for both," said Monika Schigalla, LRMC supervisory architect. "This made the renovation different from others at LRMC."

Col. Andrew Landers, LRMC Commander, attended the ceremony and said the expanded patient bed capability will complement LRMC's contingency response efforts when necessary.

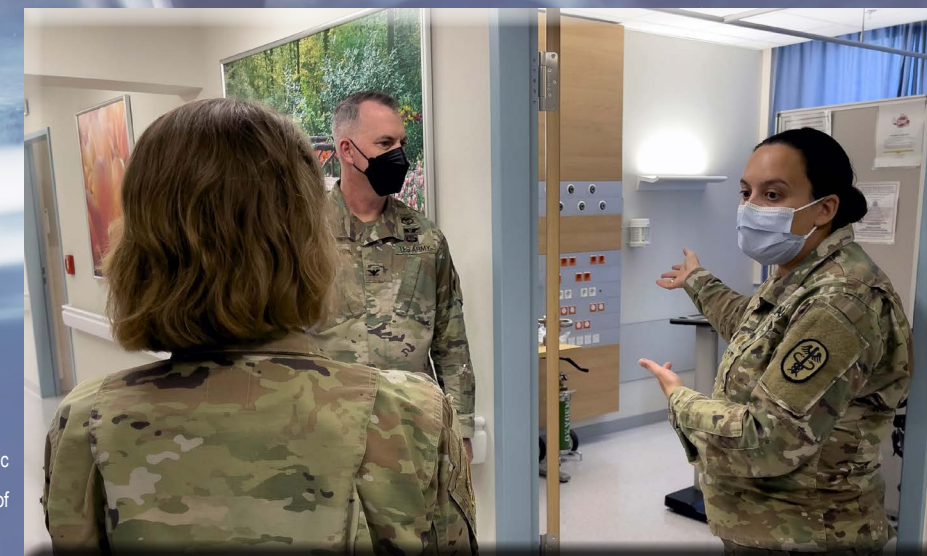
The new clinic also provides space for mission-essential procedures to be performed safely, said Maj. Chandra Punch, LRMC chief of Allergy and Immunology.

"With the additional space, we are starting to increase the number of patients that can safely be seen," Punch said. "The new layout allows for better clinic flow – the vaccine and allergy therapy patients will remain up front near our waiting area."



Maj. Chandra Punch (left), chief of Allergy and Immunology Clinic at Landstuhl Regional Medical Center (LRMC), leads a tour of the new Allergy/Immunization Clinic on Oct. 12.

Allergy / Immunization Clinic now at **10D**



Maj. Chandra Punch, Chief of Allergy and Immunology Clinic at Landstuhl Regional Medical Center (LRMC), leads a tour of the new Allergy/Immunization Clinic on Oct. 12.



LRMC Command Teams invigorate with Europe-wide assembly

By John Ciccarelli
Public Affairs Specialist
Landstuhl Regional Medical Center

Leadership teams from Landstuhl Regional Medical Center (LRMC), U.S. Air Force 86th Medical Squadron (86th MDS) and Dental Health Activity Rhineland-Pfalz (DENTAC-RP) engaged in a Command Team forum strategic assembly at Ramstein Air Base from Oct. 18-20.

The event provided leadership development, team-building activities, and networking opportunities for the region's top medical leaders including four Army Health Clinics in Germany, Italy, and Belgium. During the forum, participants exercised essential coaching skills in adaptive communication and motivation, while discussing constructive practices toward establishing and building trust.

"This event is about learning how to become better leaders and using those tools and

ideas to mentor future leaders," said U.S. Army Col. Andrew L. Landers, commander of LRMC.

U.S. Army Master Sgt. Arturo Duron, non-commissioned officer in charge (NCOIC) for Dental Command Europe, said this training will help leaders focus on strengths of the Force while improving performance and creating more diverse teams.

"As leaders we are always focused on the mental health of our Soldiers and Airmen, and often times we forget to look out for our own mental health," he said. "This offsite gives us all a moment to step back with our counterparts across the region to establish measures to work on ways to improve moral which in turn improves productivity."

Master Sgt. Christian Cuyano, NCOIC for SHAPE Healthcare Facility, said training

like this "gives (leaders) great information on how to solve issues instead of recreating solutions"

"We have subject-matter experts and other leaders that have possibly gone through the same situation," he said.

LRMC faces with units spread across three countries, working in a joint environment comprised of over 1,000 Soldiers, nearly 300 Airmen, 900 Civilians and 300 Local Nationals and also recently transforming from a Department of the Army Medical Treatment Facility to a Defense Health Agency MTF, which is why it's important to evolve these leadership skills for the continuously changing environment.



LRMC LegacyFest welcomes local traditions

By William Beach
Visual Information Specialist
Landstuhl Regional Medical Center



The first-ever Landstuhl Regional Medical Center (LRMC) LegacyFest was recently held in Ramstein-Miesenbach, Germany, Oct. 20.

LegacyFest welcomed LRMC staff and guests to a traditional German-style festival or volksfest, complete with a German music, cuisine and of course, beverages. In keeping with tradition, U.S. Army Col. Andrew Landers, LRMC commander, kicked off the festivities by tapping a keg, after welcoming host nation partners and thanking staff members for their continued contributions to military medicine.

"We hosted this event to build the trust in the partnership we have with our local communities. We didn't want to limit the event to LRMC personnel only, so we sold tickets to everyone including those in the local communities," said Army Col. Edward Bryan, deputy commander of LRMC.

Guests at the event included the mayor of Landstuhl, Herr Ralf Hersina; Generalarzt Doctor Jens Diehm, Commandeur, Bundeswehr Central Krankenhaus Koblenz- Bundeswehr Medical General Commander of Central Medical Hospital Koblenz; and Professor Doctor Tim Pohleman, Direktor Unfall, Hand, und Wiederherstellungschirurgie, Universitaetsklinikum des Saarlandes- Director Emergency, Hand and Reconstructive Surgery from UKS.

Although celebrated around the world, Oktoberfest originates from the 1810 marriage of King Ludwig I of Bavaria, in Munich. Ludwig invited the entire town for a feast and horse racing; the event was such a success,

they decided to make it an annual event.

Lederhosen and dirndl are the customary clothing worn by Germans, as well as those from the Alpine regions of Bavaria and Austria and was the uniform of the day for some guests at the LegacyFest, although not mandatory. Festivals like Oktoberfest are more than beer festivals, sausage and pretzels, they present opportunities for communities to gather and celebrate German heritage.

"The event was a success with over 600 people in attendance, it was the largest and most epic celebration LRMC has ever had. We hope this is the first of many and look forward to continuing the tradition next year," Bryan said.

A highlight of the night was the "Oktoberfest Olympics" which included pretzel eating contests, raffles and a stein holding competition. While the event aimed to build camaraderie, esprit de corps and provide a safe place for guests to unwind, it also served to bring the communities of Landstuhl Regional Medical Center, the town of Ramstein-Miesenbach, and Landstuhl together.

Since 1953, LRMC has provided medical care to Service Members across Europe, Africa and the Middle East. The 100-bed hospital is nestled in the hilltops of Landstuhl, Germany, in the Southwestern German state of Rhineland-Palatinate.



U.S. Army Capt. Shannon Kirchmer, an optometrist at Landstuhl Regional Medical Center's Optometry Clinic, uses a phoropter to determine eyeglass prescription for a patient at LRM's Optometry Clinic, Feb. 4, 2020.

By John Ciccarelli

Public Affairs Specialist

Landstuhl Regional Medical Center

LANDSTUHL, Germany - Army Capt. Shannon Kirchmer, an optometrist at Landstuhl Regional Medical Center (LRMC), has a lifelong passion for running. On Oct. 9, she helped her team place second at the 38th Annual Army 10-miler (ATM) in Washington, D.C. Individually, Kirchmer placed 78th out of nearly 5,000 women with a time of 69 minutes and 12 seconds.

The ATM is the second-largest 10-mile race in the United States, hosting over 35,000 runners and 900 teams from around the world. Participants include military, civilians, wheelchair athletes and wounded warrior athletes who race by national monuments through Washington, D.C., and into Arlington, Virginia.

"This was my first time running the Army 10-miler and it was exciting to be there with all the different installation teams and be in our nation's capital," said Kirchmer.

Kirchmer, a native of XXXX, North Carolina,

was part of the United States Army Europe and Africa / Installation Management Command Directorate-Europe (USAEUR-AF/IMCOM Europe) team, comprised of active-duty service members from Vicenza, Italy, Grafenwohr, Germany and the Kaiserslautern Military Community.

"Building up to qualify for the Europe team in June was a good base to start my marathon training for the fall and then work to improve my 10-mile time, which I did by over 3 minutes," Kirchmer said. "This year I put my name in the lottery for the Berlin Marathon and got in, so I started training for that over the summer and ran it on Sept. 25, 2022, in 3:32:50,

Kirchmer, native of North Carolina, has been running since middle school. She ran her first marathon during her second year at the University of Alabama at Birmingham School of Optometry, and her first Boston Marathon a few years later.

Kirchmer says she enjoys running because you can do it anywhere, any time.

"I started running because there was a club after school, and it was just fun to me! It's also a great stress reliever now and a fun way to explore new places when traveling. I enjoy the personal challenge training for faster times and different distances," said Kirchmer.

Kirchmer's love for physical activity doesn't stop on the track, since arriving at LRM, her first duty station, in 2020, she has earned the Expert Field Medical Badge (EFMB) and the Air Assault Badge, both physically challenging accomplishments for any Soldier.

An alumna of the University of North Carolina at Chapel Hill and University of Alabama at Birmingham, School of Optometry, Kirchmer believes those wanting to run should "be consistent in workouts and you will be racing 10 miles before you know it!"

LRMC optometrist, Europe team, place 2nd at Army 10-Miler



Left to right: Capt. Shannon Kirchmer, Landstuhl Regional Medical Center (LRMC); Sgt. Eva Perry, 207th Military Intelligence Brigade; Capt. Jessica Knoll, U.S. Army Southern European Task Force, Africa; and Spc. Samantha Hengehold, 173rd Airborne Brigade, at the 38th Annual Army 10-miler (ATM) held in Washington, D.C. on Oct. 9. (Courtesy photo)



U.S. Army Capt. Shannon Kirchmer, optometrist with Landstuhl Regional Medical Center runs 12 miles during the U.S. Army Europe Expert Field Medical Badge (EFMB) at Rhine Ordnance Barracks, Germany Sep. 23, 2020. Kirchmer recently ran in the 2022 Army Ten Miler, placing second with her team from U.S. Army Europe and Africa / Installation Management Command Directorate - Europe. (U.S. Army photo by Ismael Ortega)

Hill Top Cafe / Warrior Restaurant

November Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		LUNCH Shrimp Jambalaya Beef Curry Vegetarian Lasagna, SOUP: Herbed Tomato & Lentil DINNER Italian Broccoli Pasta Chicken Lasagna Italian Roasted Potatoes	LUNCH Garlic Butter Cod Caribbean Chicken Pasta Primavera SOUP: Chicken Tortilla DINNER Spinach & Mushroom Quiche Beef Fajitas Mixed Vegetables, Spanish Rice	LUNCH Baked Chicken & Noodles Glazed Meat loaf Vegetarian Zucchini Pancakes SOUP: Minestrone DINNER Tortellini Alfredo Rosemary Cod Noodles Jefferson	LUNCH Creole Shrimp & Rice Sukiyaki Beef Paella Stuffed Peppers Soup: Red Thai Chicken Curry DINNER Broccoli Quiche, BBQ Pork Loin Wild Rice, Cauliflower	LUNCH Savory Baked Chicken Honey Glazed Ham, Hopping John Zucchini & Tomatoes, Mashed Potatoes DINNER Broccoli Cheese & Rice Casserole, Battered Pollock, Broccoli Oven Browned Potatoes
LUNCH Roasted Turkey Yankee Pot Roast, Vegan Sloppy Joes Asparagus, Macaroni & Cheese DINNER Vegetarian Lasagna Pineapple Chicken Breast Roasted Cauliflower, Rice	LUNCH Creole Cod Chicken Adobo Italian Broccoli Pasta SOUP: Broccoli Cheese DINNER 3 Cheese Penne Pasta Braised Pork Chops Italian Vegetables, Potatoes	LUNCH Rotisserie Chicken Beef Carne Asada Vegetarian Chili SOUP: Chicken Tortilla DINNER Black Bean Vegan Chili Sweet & Sour Pork Chops Mixed Vegetables	LUNCH Latin Cod Teriyaki Chicken Three Bean Tacos SOUP: Spicy Black Bean DINNER Paella Stuffed Peppers Honey Chipotle Chicken Roasted Carrots, Rice	LUNCH Greek Lemon Turkey Pasta Beef Stifado Red Beans & Rice SOUP: Cream of Cauliflower DINNER Vegetarian Jambalaya BBQ Chicken Breast Green Beans, Mashed Potatoes	LUNCH Cajun Salmon W/ Pineapple Salsa Sesame Chicken Vegan Lentil Curry SOUP: Chicken DINNER Chickpea Curry Mexican Chicken Breast Roasted Broccoli, Brown Rice	LUNCH Salisbury Steak Chicken Tetrazzini Vegetable Quiche Spinach, Carrots, Mashed Potatoes DINNER Spinach Lasagna Stuffed Pollock White Rice, Mixed Vegetables
LUNCH Beef Yakisoba Honey Mustard Chicken Vegetable Penne Pasta Broccoli, Mashed Potatoes DINNER Eggplant Parmesan Spaghetti & Meatballs Cauliflower, Buttered Potatoes	LUNCH Szechwan Chicken Breaded Cod Pasta Provencal, SOUP: Hearty Tomato DINNER Vegetable Curry & Rice Beef & Broccoli Stir Fry Curry Cauliflower, Rice	LUNCH Shrimp Jambalaya Beef Curry Vegetarian Lasagna, SOUP: Herbed Tomato & Lentil DINNER Italian Broccoli Pasta Chicken Lasagna Italian Roasted Potatoes	LUNCH Garlic Butter Cod Caribbean Chicken Pasta Primavera SOUP: Chicken Tortilla DINNER Spinach & Mushroom Quiche Beef Fajitas Mixed Vegetables, Spanish Rice	LUNCH Baked Chicken & Noodles Glazed Meat loaf Vegetarian Zucchini Pancakes SOUP: Minestrone DINNER Tortellini Alfredo Rosemary Cod Noodles Jefferson	LUNCH Creole Shrimp & Rice Sukiyaki Beef Paella Stuffed Peppers Soup: Red Thai Chicken Curry DINNER Broccoli Quiche, BBQ Pork Loin Wild Rice, Cauliflower	LUNCH Savory Baked Chicken Honey Glazed Ham, Hopping John Zucchini & Tomatoes, Mashed Potatoes DINNER Broccoli Cheese & Rice Casserole, Battered Pollock, Broccoli Oven Browned Potatoes
LUNCH Roasted Turkey Yankee Pot Roast, Vegan Sloppy Joes Asparagus, Macaroni & Cheese DINNER Vegetarian Lasagna Pineapple Chicken Breast Roasted Cauliflower, Rice	LUNCH Creole Cod Chicken Adobo Italian Broccoli Pasta SOUP: Broccoli Cheese DINNER 3 Cheese Penne Pasta Braised Pork Chops Italian Vegetables, Potatoes	LUNCH Rotisserie Chicken Beef Carne Asada Vegetarian Chili SOUP: Chicken Tortilla DINNER Black Bean Vegan Chili Sweet & Sour Pork Chops Mixed Vegetables	LUNCH Garlic Butter Cod Caribbean Chicken Pasta Primavera SOUP: Chicken Tortilla DINNER Spinach & Mushroom Quiche Beef Fajitas Mixed Vegetables, Spanish Rice	LUNCH Greek Lemon Turkey Pasta Beef Stifado Red Beans & Rice SOUP: Cream of Cauliflower DINNER Vegetarian Jambalaya BBQ Chicken Breast Green Beans, Mashed Potatoes	LUNCH Cajun Salmon W/ Pineapple Salsa Sesame Chicken Vegan Lentil Curry SOUP: Chicken DINNER Chickpea Curry Mexican Chicken Breast Roasted Broccoli, Brown Rice	LUNCH Salisbury Steak Chicken Tetrazzini Vegetable Quiche Spinach, Carrots, Mashed Potatoes DINNER Spinach Lasagna Stuffed Pollock White Rice, Mixed Vegetables
LUNCH Beef Yakisoba Honey Mustard Chicken Vegetable Penne Pasta Broccoli, Mashed Potatoes DINNER Eggplant Parmesan Spaghetti & Meatballs Cauliflower, Buttered Potatoes	LUNCH Szechwan Chicken Breaded Cod Pasta Provencal, SOUP: Hearty Tomato DINNER Vegetable Curry & Rice Beef & Broccoli Stir Fry Curry Cauliflower, Rice	LUNCH Shrimp Jambalaya Beef Curry Vegetarian Lasagna, SOUP: Herbed Tomato & Lentil DINNER Italian Broccoli Pasta Chicken Lasagna Italian Roasted Potatoes	LUNCH Garlic Butter Cod Caribbean Chicken Pasta Primavera SOUP: Chicken Tortilla DINNER Spinach & Mushroom Quiche Beef Fajitas Mixed Vegetables, Spanish Rice	LUNCH Greek Lemon Turkey Pasta Beef Stifado Red Beans & Rice SOUP: Cream of Cauliflower DINNER Vegetarian Jambalaya BBQ Chicken Breast Green Beans, Mashed Potatoes	LUNCH Cajun Salmon W/ Pineapple Salsa Sesame Chicken Vegan Lentil Curry SOUP: Chicken DINNER Chickpea Curry Mexican Chicken Breast Roasted Broccoli, Brown Rice	LUNCH Salisbury Steak Chicken Tetrazzini Vegetable Quiche Spinach, Carrots, Mashed Potatoes DINNER Spinach Lasagna Stuffed Pollock White Rice, Mixed Vegetables

The Hill Top Cafe offers two to three entree options for our guests, as well as starchy and non-starchy sides.
Short Order menu: hamburgers, cheeseburgers, black bean burgers, grilled chicken breast, french fries and sweet potato fries.
Daily Breakfast Bars: MWF: Omelet/Egg Bar T & Th: Pancakes/French toast
Weekdays: Breakfast: 6 - 8:30 a.m. | Lunch: 11 a.m. - 1:30 p.m. | Dinner: 4:30 - 6 p.m.
Weekends and Holidays: Breakfast: 7 - 9 a.m. | Lunch: 11 a.m. - 1:30 p.m. | Dinner: 4 - 6 p.m.
**Menu is subject to change.

the spotlight

ONE TEAM. ONE PURPOSE.

Selfless Service.



Landstuhl Regional Medical Center staff cut a cake in observance of Breast Cancer Awareness, at the LRMC Dining Facility Oct. 17. The event featured a breast cancer survivor's story and reiterated the importance of regular self-screenings and mammograms when required.



U.S. Army Pfc. Florence Burnside, an environmental health technician at Landstuhl Regional Medical Center, provides an influenza and bivalent COVID-19 booster vaccination to a retiree during the U.S. Army Garrison Rheinland Pfalz Retiree Appreciation Day, Oct. 13. Over 300 retirees attended the event with hundreds inoculated.



Army 2nd Lts. Hannah Lloyd, Kolby Makuuchi, and Myly Nguyen, present their evidence based practice project 'The Implementation of a Pediatric Short Course for Medical-Surgical-Pediatric Nurses' during the Clinical Nurse Transition Program Cohort 222 completion ceremony at Landstuhl Regional Medical Center, Oct. 28. The program is designed to standardize clinical skills for all new Army Nurse Corps Officers while focusing on developing Nurses to operate and function within any environment, both at home or while deployed.