Watch for Mindful Menu Solutions...

Look for the Wellness and You symbol to find your way to better nutrition.

PRESENTING:
Daily Innovation Station providing fresh, made to order items.

Hours

Monday - Thursday:
Breakfast 6:15am to 10:00am
Lunch 10:30 to 1:30pm
Dinner 4:30 to 6:00pm

Friday - Sunday:
Breakfast 6:15am to 10:00am
Lunch 10:30 to 1:30pm

Managers

General Manager:
Greg Stokes x3403

Supervisor
Janet Alexander 3409

Medical Center Café
Week of Monday December 2

Monday  12/2

Soup: Chicken Rice Soup
Entree: Citrus Herb Crusted Cod
Southern Meat Loaf
Side Dish: French Fried Breaded Okra
California Mixed Vegetables
Corn Aztec

Tuesday  12/3

Soup: Chicken Fiesta Soup
Entree: Traditional Beef Soft Tacos
Chicken Enchiladas
Side Dish: Southwestern Style Pinto Beans
Baked Mexican Rice
Mexican Medley

Wednesday  12/4

Soup: Tomato Florentine
Entree: Jamaican Chicken with Jerk BBQ Sauce
Steakhouse Spinach
Cajun Spiced Roasted Potatoes
Glazed Carrots
Dessert: All American Apple Cobbler

Thursday  12/5

Soup: Beef Vegetable Soup
Entree: Italian Vegetable Blend
Signature Broccoli Cheese Soup
Chicken and Broccoli Casserole
Dessert: Warm Berry Cobbler

Friday  12/6

Soup: Chicken & Andouille Gumbo
Entree: Golden Fried Catfish
Baked Potato
Southern Fried Chicken
Dessert: Pecan Baked French Toast Casserole

Saturday  12/7

Entree: Creamed Spinach
Apple Glazed Baby Carrots
Bacon Avocado Ranch Burger
Dessert: Pineapple Crisp

Sunday  12/8

Entree: Grilled Fresh Asparagus
Au Gratin Potato
Fried Chicken Breast Sandwich
Dessert: Blackberry Peach Cobbler

VG Vegan
V Vegetarian
Mindful