



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.
October is Cancer Awareness Month

Hours

Monday - Thursday:
6:15am to 6:00pm

Friday - Sunday:
6:15am to 1:30pm

Managers

General Manager:
Ed West x3403

Executive Chef
Joseph Vance x3411



Medical Center Café

Week of Monday April 16

Monday 16th Thai Stir-Fry

Soup:	Broccoli Chez Soup	1.99
	Homestyle Chicken Noodle Soup	1.99
Entree:	Maple Roasted Chicken Breast	3.99
	Beer Braised Sausage with Sauerkraut	3.99
	German Braised Sauerkraut	1.29
	Pinto Beans VG	1.29

Tuesday 17th Nachos Pulled Pork

Soup:	Chicken and Corn Chowder	1.99
	Egg Drop Soup with Fried Wontons	1.99
Entree:	General Tso's Chicken	3.99
	Herb Encrusted Roast Beef	3.99
	Fried Rice	1.29
	Asian Vegetable Stir Fry V	1.29

Wednesday 18th Pasta Bar

Soup:	Tuscan Kale & Bean Soup (Mindful) V	1.99
	Loaded Potato Soup	1.99
Entree:	Rotini Shrimp Alfredo	3.99
	Roast Whole Boneless Turkey	3.99
	Country Fried Steak & Pepper Cream Gravy	3.99
	Savory Cornbread Stuffing	1.29

Thursday 19th Tossed Caesar Salad

Soup:	Cream of Potato Soup with Bacon	1.99
	Chunky Beef Noodle Soup	1.99
Entree:	Meat Lasagna	3.99
	Carved Smoked Pit Ham	3.99
	Southern Fried Chicken	3.99
	Butter Bean	1.29

Friday 20th Wild Wings Friday

Soup:	Tomato Basil Bisque	1.99
	Cream of Fresh Broccoli Soup V	1.99
Entree:	Golden Fried Catfish	3.99
	Chicken Enchilada	3.99
	Grilled Mexican Chicken	3.99
	Hush Puppies V	1.29

Saturday 21st

Soup:	Chicken Tortilla Soup (Mindful)	1.99
Entree:	Spaghetti & Meatball	3.99
	Hamburger (ODC)	3.99
	Baby Carrots VG	1.29
	Baked Sweet Potato VG	2.49
	Baked Potato VG	2.49

Sunday 22nd

Entree:	Chicken & Dumplings Soup (Mindful)	1.99
	Cheeseburger on Bun	3.99
	Deluxe Chili with Beans	1.99
	Grilled Chicken Breast	3.99
	Baked Potato VG	2.49
	Baked Sweet Potato VG	2.49