



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 July 9

Monday 9th Marshall Mini Sliders

| | | | |
|---------|---------------------------------------|------|------|
| Soup: | Homestyle Chicken Noodle Soup, Frozen | ☺ | 1.99 |
| Entree: | Roast Whole Boneless Turkey | ☺ | 3.99 |
| | Asian Citrus Glazed Salmon Patty | ☺ | 3.99 |
| | Chicken Cacciatore Quarters | | 3.99 |
| | Grilled Seasoned Chicken Breast | | 3.99 |
| | Navy Beans, Dried | VG ☺ | 1.29 |

Tuesday 10th Pasta Bar Station

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|---------|--|------|
| Soup: | Chicken & Corn Chowder | 1.99 |
| Entree: | Corned Beef and Cabbage | 3.99 |
| | Grilled Bourbon Marinated 5 oz Pork Chop | 3.99 |
| | Smothered Pork Chops | 3.99 |
| | Pinto Beans with Ham | 1.29 |
| | Green Beans Southern Style | 1.29 |

Wednesday 11th Italian Meatball Hoagi

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|---------|---------------------------------|----------|
| Soup: | Chicken Tortilla Soup | 1.99 |
| Entree: | Italian Style Pork Loin | 3.99 |
| | Southern Meat Loaf | 3.99 |
| | Grilled Seasoned Chicken Breast | 3.99 |
| | Grilled Carrots | V ☺ 1.29 |
| | Macaroni and Cheese | V 2.49 |

Thursday 12th Reubin Panini

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|---------|---------------------------------|------|
| Soup: | Cream of Potato Soup with Bacon | 1.99 |
| Entree: | Grilled Seasoned Chicken Breast | 3.99 |
| | Meat Lasagna | 3.99 |
| | Carved Smoked Pit Ham | 3.99 |
| | Southern Fried Chicken | 3.99 |
| | Butter Bean | 1.29 |

Friday 13th Fajitas Bar Station

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|---------|---------------------------------|-----------|
| Soup: | Classic Chili | 1.99 |
| Entree: | Pork Carnitas Tacos | 3.99 |
| | Chile Rellenos with Fresh Chile | V 3.99 |
| | Golden Fried Catfish | 3.99 |
| | Hush Puppies | V 1.29 |
| | Mexican Rice | VG ☺ 1.29 |

Saturday 14th Enjoy your Weekend

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|---------|---------------------------------|-----------|
| Soup: | Chicken Tortilla Soup (Mindful) | ☺ 1.99 |
| Entree: | Hamburger (ODC) | 3.99 |
| | Spaghetti & Meatball | 3.99 |
| | Mashed Potato | ☺ 1.29 |
| | Green Beans | VG ☺ 1.29 |
| | Baked Sweet Potato | VG ☺ 2.49 |

Sunday 15th

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|---------|--|-----------|
| Soup: | Deluxe Chili with Beans | 1.99 |
| Entree: | Classic Hamburgers | 3.99 |
| | Grilled Chicken Breast | 3.99 |
| | Pork Chops, Center Cut, Bone In, Raw, 6 oz | 3.99 |
| | Baked Sweet Potato | VG ☺ 2.49 |
| | Baked Potato | VG 2.49 |

