



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 August 13

Monday 13th Mini Burger Sliders

| | | |
|---------|---|------|
| Soup: | Homestyle Chicken Noodle Soup, Frozen ☺ | 1.99 |
| Entree: | Roast Whole Boneless Turkey ☺ | 3.99 |
| | Asian Citrus Glazed Salmon Patty ☺ | 3.99 |
| | Beef Tips with Grilled Onions & Peppers | 3.99 |
| | Grilled Seasoned Chicken Breast | 3.99 |
| | Navy Beans, Dried VG ☺ | 1.29 |

Tuesday 14th Pasta Bar Station

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|---------|-------------------------------|------|
| Soup: | Chicken & Corn Chowder | 1.99 |
| Entree: | Beef & Pork Italian Meatballs | 3.99 |
| | Smothered Pork Chops | 3.99 |
| | Scalloped Potatoes V | 1.29 |
| | Pinto Beans with Ham | 1.29 |
| | Green Beans Southern Style | 1.29 |

Wednesday 15th Italian Meatball Sandwich

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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 | 1.29 |

Thursday 16th Taco Salad Bowl

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|---------|---------------------------------|------|
| Soup: | Cream of Potato Soup with Bacon | 1.99 |
| Entree: | Meat Lasagna | 3.99 |
| | Carved Smoked Pit Ham | 3.99 |
| | Southern Fried Chicken | 3.99 |
| | Butter Bean | 1.29 |
| | Green Beans VG ☺ | 1.29 |

Friday 17th Reuben Panini Sandwich

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|---------|---------------------------------|------|
| Entree: | Brunswick Stew ☺ | 1.99 |
| | Texas BBQ Beef Brisket | 3.99 |
| | Golden Fried Catfish | 3.99 |
| | Honey BBQ Chicken Breast ☺ | 5.49 |
| | Hush Puppies V | 1.29 |
| | Roasted Corn & Panko Breading V | 1.99 |

Saturday 18th Happy Weekend!

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|---------|-----------------------------------|------|
| Soup: | Chicken Tortilla Soup (Mindful) ☺ | 1.99 |
| Entree: | Hamburger (ODC) | 3.99 |
| | Spaghetti & Meatball | 3.99 |
| | Broccoli Florets VG ☺ | 1.29 |
| | Baby Carrots VG ☺ | 1.29 |
| | Green Beans VG ☺ | 1.29 |

Sunday 19th

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



