



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:
6:15am to 6:00pm

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

Managers

General Manager:
Ed West x3403

Executive Chef
Joseph Vance x3411

Hispanic
Heritage Month
September 15-October 15



Medical Center Café

Week of Monday September 24

Monday 24th Baja BLT Wrap

Soup:	Asian Chicken Noodle Soup	1.99
Entree:	Roast Whole Boneless Turkey ☺	3.99
	Grilled Seasoned Chicken Breast	3.99
	Asian Beef and Broccoli Stir-Fry	3.99
	Vegetable Egg roll V	2.49
	Fried Rice V	2.49

Tuesday 25th Classic Philly Steak

Entree:	Chicken & Rice Casserole	3.99
	Pork Cutlet Schnitzel	3.99
	Grilled Seasoned Chicken Breast	3.99
	Aztec Vegetable Medley VG ☺	1.29
	Fried Green Tomatoes VG	1.29
	Bread Pudding with Bourbon Sauce V	1.29

Wednesday 26th Chicken Caesar Wrap

Soup:	Smokehouse Beef Chili	1.99
Entree:	Pork Scaloppine & Wild Mushroom Ragout	3.99
	Braised Beef	3.99
	Southern Fried Chicken	3.99
	Savory Black-Eyed Peas V	1.29
	Baked Macaroni and Cheese	2.49

Thursday 27th Grilled Cheese Pimento

Soup:	Beef & Country Vegetable Soup	1.99
Entree:	Carved Smoked Pit Ham	3.99
	Chicken & Dumplings	3.99
	Garlic Breadstick V	1.29
	Broccoli in Cheese Sauce	1.29
	Butter Bean	1.29

Friday 28th BBQ Pork Sliders

Soup:	Brunswick Stew ☺	1.99
Entree:	Fried Catfish Fillet	3.99
	BBQ Marinated Chicken	5.49
	BBQ Beef Brisket	3.99
	Roasted Corn VG	1.29
	BBQ Baked Beans V	1.29

Saturday 29th Happy Weekend!!

Entree:	Chicken Tortilla Soup (Mindful) ☺	1.99
	Baked Chicken Ziti	3.99
	Cheeseburger	3.99
	Grilled Chicken Breast	3.99
	Steamed Corn VG ☺	1.29
	Baked Sweet Potato VG ☺	2.49

Sunday 30th

Entree:	Chicken & Dumplings Soup (Mindful) ☺	1.99
	Cheeseburger	3.99
	Southwest Salisbury Steak	3.99
	Grilled Chicken Breast	3.99
	Baked Sweet Potato VG ☺	2.49
	Baked Potato VG	2.49