



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



# Medical Center Café

Week of Monday October 8

## Monday 15th Chicken Panini Pesto

Soup:	Homestyle Chicken Noodle Soup	1.99
Entree:	Mediterranean Herb Roasted Chicken	3.99
	Beer Braised Sausage with Sauerkraut	3.99
	German Braised Sauerkraut	1.29
	Pinto Beans <b>VG</b>	1.29
	All Beef Hot Dog	1.99

## Tuesday 16th Pasta Station w/ Garlic br

Soup:	Chicken & Corn Chowder	1.99
Entree:	Herb Encrusted Roast Beef	3.99
	Marinated Grilled Chicken Breast <b>☺</b>	3.99
	General Tso's Chicken	3.99
	Fried Rice	1.29
	Asian Vegetable Stir Fry <b>V</b>	1.29

## Wednesday 17th Beef Taco Bowl Salad

Soup:	Loaded Potato Soup	1.99
Entree:	Roast Whole Boneless Turkey <b>☺</b>	3.99
	Marinated Grilled Chicken Breast <b>☺</b>	3.99
	Country Fried Steak & Pepper Cream Gravy	3.99
	Scallop Potato with Bacon & Chives	1.29
	Savory Cornbread Stuffing	1.29

## Thursday 18th Hot Italian Sandwich

Soup:	Chunky Beef Noodle Soup <b>☺</b>	1.99
Entree:	Meat Lasagna	3.99
	Carved Smoked Pit Ham	3.99
	Southern Fried Chicken	3.99
	Butter Bean	1.29
	Fried Cabbage	1.29

## Friday 19th Pulled Pork Sliders

Soup:	Tomato Basil Bisque	1.99
Entree:	Golden Fried Catfish	3.99
	Grilled Mexican Chicken	3.99
	Chicken Enchilada	3.99
	Mexican Medley Vegetables <b>V</b>	1.29
	Mexican Rice <b>VG ☺</b>	1.29

## Saturday Happy Weekend!

Soup:	Chicken Tortilla Soup (Mindful) <b>☺</b>	1.99
Entree:	Hamburger (ODC)	3.99
	Spaghetti & Meatball	3.99
	Baby Carrots <b>VG ☺</b>	1.29
	Poultry Gravy	1.29
	Baked Sweet Potato <b>VG ☺</b>	2.49

## Sunday Enjoy your Sunday Evening

Entree:	Deluxe Chili with Beans	1.99
	Chicken & Dumplings Soup (Mindful) <b>☺</b>	3.99
	Grilled Chicken Breast	3.99
	Baked Sweet Potato <b>VG ☺</b>	2.49
	Baked Potato <b>VG</b>	2.49
	Green Beans <b>VG ☺</b>	1.29