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 December 10

Monday 10th Tossed Caesar Salad Bar

Soup:	Broccoli Chez Soup	1.99
Entree:	Maple Peach Glazed Smoked Pit Ham	3.99
	Grilled Chicken Breast	3.99
	Chicken Sesame Satay	3.99
	Fried Rice	1.29
	Navy Beans, Dried VG	1.29

Tuesday 11th Thai Chicken Wrap

Entree:	Savory Rotisserie-Style Chicken	3.99
	Braised Beef - Pot Roast Style	3.99
	Marinated Grilled Chicken Breast	3.99
	Pinto Beans with Ham	1.29
	Green Bean Casserole V	1.29
	Baked Macaroni and Cheese	2.19

Wednesday 12th Nachos Bar Station

Soup:	White Bean Chicken Chili (Mindful)	1.99
Entree:	Fried Pork Chop	3.99
	Marinated Grilled Chicken Breast	3.99
	Classic Chicken Pot Pie	3.99
	Butter Bean	1.29
	Southern Style Collard Greens	1.29

Thursday 13th Wings & Things Bar

Soup:	Minnesota Wild Rice Soup	1.99
Entree:	Herb Roasted Turkey Breast	3.99
	Grilled Chicken Breast	3.99
	Stuffed Peppers	3.99
	Balsamic Grilled Yellow Squash V	1.29
	Steamed Broccoli Medley VG	1.29

Friday 14th Crispy Chic PoBoy

Soup:	Tomato Basil Bisque	1.99
Entree:	Spanish Rice Stuffed Chicken Breast	3.99
	Fried Catfish Fillet	3.99
	Grilled Mexican Chicken	3.99
	Macaroni and Cheese Side Dish V	2.49
	Mexican Medley Vegetables V	1.29

Saturday 15th Happy Saturday

Soup:	Chicken Tortilla Soup (Mindful)	1.99
Entree:	Grilled Chicken Pasta Alfredo	3.99
	Classic Hamburgers	3.99
	Grilled Chicken Breast	3.99
	Classic Cheeseburger on a Toasted Bun	3.99
	Marinara Sauce VG	1.29

Sunday 16th Enjoy Your Sunday

Soup:	Homestyle Chicken and Rice Soup	1.99
Entree:	Chicken Fried Steak	3.99
	Cream Pepper Gravy	1.29
	Marinated Grilled Chicken Breast	3.99
	Classic Hamburgers	3.99
	Mashed Potatoes V	1.29