



MARTIN LUTHER KING, JR. DAY

Jan. 21, 2019



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 January 21

## Monday 21st Reuben Painini

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
	All Beef Hot Dog	2.99
	Garlic Roast Green Beans	1.29

## Tuesday 22nd Nacho Supreme & Beef

Soup:	Chicken & Corn Chowder	1.99
Entree:	Herb Encrusted Roast Beef	3.99
	General Tso's Chicken	3.99
	Fried Rice	1.29
	Asian Vegetable Stir Fry	1.29
	Fried Spring Rolls	1.29

## Wednesday 23rd Shrimp Po-Boy

Soup:	Loaded Potato Soup	1.99
Entree:	Roast Whole Boneless Turkey	3.99
	Marinated Grilled Chicken Breast	3.99
	Country Fried Steak & Pepper Cream Gravy	3.99
	Savory Cornbread Stuffing	1.29
	Peas, Mushrooms, Bacon & Onion	1.29

## Thursday 24th Tossed Caesar Salad Bar

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

## Friday 25th Buffalo Wings & Sauces

Soup:	Louisiana Chicken & Shrimp Gumbo	2.49
Entree:	Marinated Grilled Chicken Breast	3.99
	Charleston Crab Cakes	4.99
	Chicken Jambalaya with Andouille Sausage	3.99
	Golden Fried Catfish	3.99
	Cajun Spiced Roasted Potatoes	1.29

## Saturday 26th Happy Saturday

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

## Sunday 27th Snowie Sunday

Entree:	Chicken & Dumplings Soup (Mindful)	1.99
	Cheeseburger	3.99
	Deluxe Chili with Beans	1.99
	Grilled Chicken Breast	3.99
	Baked Sweet Potato	2.49
	Baked Potato	2.49