



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 February 18

Monday 18th 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	1.29

Tuesday 19th Thai Chicken Noodle Wra

Entree:	Roasted Chicken Noodle Soup	1.99
	Savory Rotisserie-Style Chicken	3.99
	Braised Beef - Pot Roast Style	3.99
	Marinated Grilled Chicken Breast	3.99
	Grilled Seasoned Chicken Breast	3.99
	Pinto Beans with Ham	1.29

Wednesday 20th Italian Meatball Sub

Soup:	Harvest Broccoli Soup (Mindful)	1.99
Entree:	Italian Style Pork Loin	3.99
	Southern Meat Loaf	3.99
	Grilled Seasoned Chicken Breast	3.99
	Grilled Carrots	1.29
	Black Eyed Peas	1.29

Thursday 21st Wings & Things

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	1.29
	Steamed Broccoli Medley	1.29

Friday 22nd Crispy Chicken PoBoy

Soup:	House Chicken & Shrimp Gumbo	2.49
Entree:	Charleston Crab Cakes	4.99
	Cajun Chicken and Crawfish with Rice	3.99
	Fried Catfish Fillet	3.99
	Grilled Mexican Chicken	3.99
	Broccoli with Sauteed Carrots	1.29

Saturday 23rd Hello 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	1.29

Sunday 24th Enjoy Your Sunday

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