



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.*

*Visit our Coffee Shop: Sunrise Brew
New Summer Drink for a limited
time: S'More's Frapachino*

Hours

Monday - Thursday:
6:15am to 6:00pm

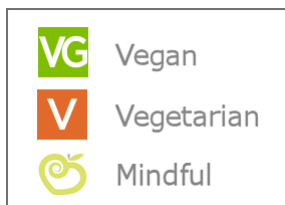
Friday - Sunday:
6:15am to 1:30pm

Managers

General Manager:
Ed West x3403

Supervisor:
Janet Alexander 3409

Dietitian:
Sheri Gaskin 3404



Medical Center Café

Week of Monday June 17

Monday Caesar Salad Bar

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

Tuesday Thai Chicken Noodle Wrap

- Soup: Roasted Chicken Noodle Soup
- Entree: Savory Rotisserie-Style Chicken
Braised Beef - Pot Roast Style
Marinated Grilled Chicken Breast
Pinto Beans with Ham
Green Bean Casserole

Wednesday Hot Italian Meatball Sub

- Soup: Harvest Broccoli Soup (Mindful)
- Entree: Italian Style Pork Loin
Southern Meat Loaf
Grilled Carrots
Macaroni and Cheese
Black Eyed Peas

Thursday Wings & Things Bar

- Soup: Minnesota Wild Rice Soup
- Bread: Corn Muffins
Petite Pan Dinner Rolls
Assorted Cupcakes
Chocolate Tres Leches
Cherry Cobbler

Friday Crispy Chicken Po Boy

- Soup: Brunswick Stew
- Entree: Beef Tacos
Fried Catfish Fillet
Spanish Rice Stuffed Chicken
Mexican Grilled Corn on the Cob
Southwestern Style Pinto Beans

Saturday

- Soup: Chicken Tortilla Soup (Mindful)
- Entree: Grilled Chicken Pasta Alfredo
Classic Hamburgers (6:1)
Grilled Chicken Breast
Baked Sweet Potato
Baked Potato

Sunday

- Soup: Homestyle Chicken and Rice Soup
- Entree: Chicken Fried Steak
Marinated Grilled Chicken Breast
Classic Hamburgers (6:1)
Mashed Potatoes
Baked Sweet Potato