



Watch for Mindful Menu Solutions...

Look for the
Wellness and You
symbol to find your way
to better nutrition.

PRESENTING: @ Lunch!
*Daily Innovation Station providing
fresh, made to order items*

*Try our Breakfast offerings:
French Toast, Cheesy Jalapeno
Grits, Breakfast Burrito, Hashbrown
Casserole, Chocolate Gravy,
Hawaiian Stuffed French Toast,
Bacon & Egg Breakfast Popover,
Mixed Berry Pancakes, Mexican
Srambled Eggs.
Make your own waffle, Yogurt
w.fruit, Hot Pancake Syrup!*

Hours

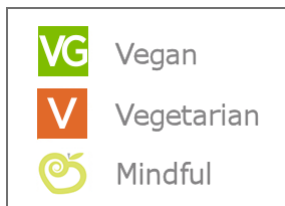
Monday - Thursday:
6:15am to 6:00pm

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 September 16

Monday 9/16 Hot Italian Steak Sandwich

- Soup: Broccoli Chez Soup
- Entree: Bacon Wrapped Pork Tenderloin
Lemon Sage Chicken, Orzo & Vegetables
- Apple and Sweet Potato Casserole
- Cranberry Brussels Sprouts
- Baked Sweet Potato

Tuesday 9/17 Pasta Bar

- Soup: Chicken & Corn Chowder
- Entree: Fried Egg Rolls
Steamed White Rice
- Ginger Glazed Carrots
- Roast Whole Boneless Turkey
- Asian Beef and Broccoli Stir-Fry

Wednesday 9/18 Chicken Caesar Salad

- Soup: Azteca Chicken and Vegetable Soup
- Entree: Chicken Tikka Masala
Chipotle Beef Brisket-Ig
Curried Cauliflower
- Green Beans Parmesan
- Poultry Gravy

Thurs. 9/19 Ranch Chicken BLT Wrap

- Soup: Chunky Beef Noodle Soup
- Entree: All-Beef Franks, 8:1
Kansas City BBQ Chicken Quarter
BBQ Baked Beans
- Baked Macaroni and Cheese
- Poultry Gravy

Friday 9/20 Buffalo Chicken Wings

- Soup: Classic Chili
- Entree: Smokey Greens
Golden Fried Catfish
Southern Meat Loaf
Pinto Bean
- Hush Puppies

Saturday 9/21

- Soup: Creamy Broccoli Cheddar Soup
- Entree: Express Hamburger Basket
Grilled Chicken Pasta Alfredo
- Rotini Pasta (6 oz)
- Marinara Sauce
- Baked Sweet Potato

Sunday 9/22

- Soup: Chicken & Dumplings Soup (Mindful)
- Entree: Classic Hamburgers (6:1)
Southwestern Style Pinto Beans
- Chicken Enchiladas
- Spanish Rice
- Baked Sweet Potato