



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

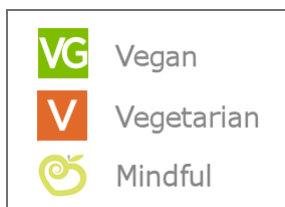
Friday - Sunday:
6:15am to 1:30pm

Managers

General Manager:
Ed West x3403

Supervisor
Janet Alexander 3409



Dietitian
Sherri Gaskin 3404





Medical Center Café

Week of Monday November 11





Monday 11/11 Chicken Guacamole BLT

- Soup: Spicy Grilled Cheese & Tomato Soup **V**
- Entree: Honey Citrus House Smoked Turkey 
Chicken Fried Steak with Cream Gravy
Green Bean Casserole **V**
Indulgent Mashed Potatoes
Broccoli with Sauteed Carrots **V** 




Tues 11/12 Gourmet Root Beer Float

- Soup: Mexican Corn Soup
- Entree: Chile Smashed Avocado Chicken Nachos
Mojo Chicken Fajitas
- Side Dish: Mexican Medley **VG** 
Baked Mexican Rice 
Pinto Beans with Ham


Wednesday 11/13 Chicken Caesar Salad

- Soup: Potato Bacon Soup
- Entree: Herb Encrusted Roast Beef
Almond Crusted Chicken 
Cajun Spiced Roasted Potatoes **VG** 
Glazed Carrots **VG** 
Grilled Fresh Asparagus **VG** 



Thursday 11/14 Turkey & Stuffing Wrap

- Soup: Chili Beef with Beans Soup
- Entree: Chicken and Dumplings
Java Molasses Pork Tenderloin 
Broccoli with Garlic & Lemon **V**
Smoky Lima Beans with Bacon 
Country Kitchen Vegetables **VG** 


Fri 11/15 Not Your Mama's Grill Cheese

- Soup: Cajun Chicken Bisque 
- Entree: Golden Fried Catfish
Black Eyed Peas
Tea Smoked Chicken
Southern Style Collard Greens
Cheesy Fries **V**

Saturday 11/16

- Entree: Penne Pasta, Spinach & Chicken Casserole 
Crinkle Cut French Fries **VG**
Italian Vegetable Blend **VG** 
Green Beans Southern Style
Crispy Chicken Fingers

Sunday 11/17

- Entree: BBQ Chicken Breast 
Broccoli in Cheese Sauce
Cheddar Bacon Burger
BBQ Baked Beans **V**
Chicken Tenders & Fries