



Watch for
Mindful
Menu Solutions...

Look for the
Mindful
symbol to find your way
to better nutrition.

*Please join us in celebration of
American Heritage Month where
every day brings culinary fireworks
for every taste*

Hours

Monday - Sunday 615a-3a

Managers

Operations Manager: Caroline
Williams 2-3560
Retail Manager: Tim Hassell
Senior Culinary Director: Kevin
Candrilli 2-5897



Medical Center Café

Week of Monday October 15

Monday

- Soup: Creamy Tomato with Basil Soup
- Spring Chicken Barley Soup (Mindful)
- Entree: Herb Encrusted Roast Beef
- Vegetable Lo Mein Stir Fry
- Roasted Zucchini
- Glazed Roasted Root Vegetables

Tuesday

- Soup: Corn & Red Pepper Chowder (Mindful)
- Vegetable Beef Barley (Mindful)
- Entree: Southern Fried Chicken
- Parsley & Garlic Tilapia
- Southern Style Collard Greens
- Whole Green Beans

Wednesday

- Soup: Potato Leek Soup (Mindful)
- Turkey and Black Bean Chili
- Entree: Maple Chile Glazed Pork Loin
- Sliced Carrots
- Simply Roasted Brussels Sprouts
- Creamy Macaroni & Cheese

Thursday

- Soup: Mushroom & Roasted Garlic Soup
- Red Curry Chicken Soup (Mindful)
- Entree: Carolina Pulled Pork
- Mojo Marinated Turkey Cutlet
- Corn
- Turnip Greens with Butter

Friday

- Soup: Seafood Chowder
- Mediterranean Lentil Soup (Mindful)
- Entree: Sizzling Taco Chip Salad
- Catfish Shrimp Stew
- Steamed Baby Carrots
- Creamy Macaroni & Cheese

Saturday

- Soup: Old-Fashioned Chicken Noodle Soup

Sunday

- Soup: Mushroom Bisque (Mindful)
- Chunky Vegetable & Orzo Soup
- Chili con Carne (Mindful)
- Entree: Roasted Apple-Stuffed Pork Loin
- Chicken 'n Dumplings
- Portobello Mushroom Stroganoff