



Watch for
Mindful
Menu Solutions...

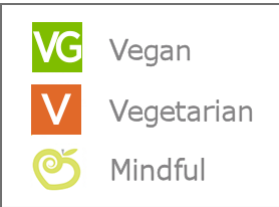
Look for the
Mindful
symbol to find your way
to better nutrition.

Hours

6:15am-3:00am

Managers

Retail Director - Scott Cole 2-3560
Retail Manager - Maureen Seels
2-4558
Executive Chef Manager - Tim
Wickey 2-5897



Medical Center Café

Week of Monday November 13

Monday

- Soup: Cheese Drop Biscuits **V**
Chicken Gumbo (Mindful) **M**
Pumpkin Bisque Soup
Chicken Gumbo (Mindful) **M**
- Entree: Grilled Lemon Sage Chicken Breast **M**
Jerk Pork Loin

Tuesday

- Soup: Cheese Drop Biscuits **V**
Tuscan White Bean Stew **V**
Beef Mushroom Barley Soup **M**
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- Entree: Montreal Rotisserie Tri Tip
Extra Crispy Fried Chicken

Wednesday

- Soup: Cheese Drop Biscuits **V**
Homestyle Chicken and Rice Soup **M**
Carrot & Ginger Soup (Mindful) **V****M**
- Entree: Penne with Bolognese Sauce **M**
Herb Roasted Turkey Breast **M**
Red Bliss Smashed Potatoes **V**
- Side Dish:

Thursday

- Soup: Cheese Drop Biscuits **V**
- Entree: Flank Steak with Chimichurri Sauce
Stewed Tomatoes **V****M**
Basmati Rice **V****M**
Pinto Beans **V****M**
Creamy Macaroni & Cheese **V**
- Side Dish:

Friday

- Soup: Cheese Drop Biscuits **V**
- Entree: Classic New England Clam Chowder
Rosemary Garlic Chicken Breast **M**
Baked Potato Station
- Side Dish: Collard Greens **V****M**
Roasted Beets **V**

Saturday

- Soup: Cheese Drop Biscuits **V**

Sunday