



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 September 18

## Monday

- Soup: Forrest Mushroom Soup  
Cheese Drop Biscuits **V**  
Chicken Tortilla Soup (Mindful)
- Entree: Shrimp Lo Mein  
Rotisserie Style Chicken
- Side Dish: Creamy Macaroni & Cheese **V**

## Tuesday

- Soup: Red Pepper & Basil Soup (Mindful) **V**   
Cheese Drop Biscuits **V**
- Entree: Pork Gravy Mix  
Cheese Ravioli with Bolognese Sauce  
Extra Crispy Fried Chicken
- Side Dish: Steamed Broccoli Crowns **VG**

## Wednesday

- Soup: Cream of Fresh Broccoli Soup (Mindful) **V**   
Cheese Drop Biscuits **V**
- Entree: Tandoori Grilled Chicken Breast
- Side Dish: Capri Mixed Vegetables **VG**   
Creamy Macaroni & Cheese **V**  
Caribbean Spiced Roasted Potatoes **VG**

## Thursday

- Soup: Cheese Drop Biscuits **V**  
Mexican Chicken and Lime Soup
- Entree: Beef, Macaroni & Tomatoes  
Rosemary Grilled Pork Chop
- Side Dish: Turnip Greens **V**  
Sliced Carrots **VG**

## Friday

- Soup: Classic New England Clam Chowder  
Cheese Drop Biscuits **V**  
Roasted Tomato Tortilla Soup **V**
- Entree: Salmon Cake
- Side Dish: Montreal Rotisserie Eye Round  
Mustard Greens with Garlic **V**

## Saturday

- Soup: Cheese Drop Biscuits **V**

## Sunday

- Soup: Cheese Drop Biscuits **V**  
Beef Noodle Soup
- Entree: Savory Rotisserie-Style Chicken  
Smothered Pork Chops
- Side Dish: Corn **VG**   
Baby Carrots **VG**