



Watch for  
Mindful  
Menu Solutions...

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

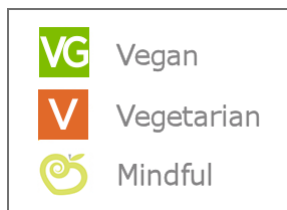
*Please join us in celebration of  
American Heritage Month where  
every day brings culinary fireworks  
for every taste*

### Hours

Monday - Friday: 8:00am to 5:00pm  
Saturday: Noon to 4:30pm  
Sunday: Noon to 3:00pm

### Managers

Operations Manager: Caroline  
Williams x2-3650  
Senior Culinary Director: Kevin  
Candrilli x2-5897



# Medical Center Café

Week of Monday July 16

## Monday

Soup: Homestyle Chicken and Rice Soup ☺  
Entree: Rotisserie Style Chicken  
Samosa Stuffed Potato 🍷☺  
Shrimp Etouffee with Grits  
Green Beans with Red Pepper & Garlic 🍃☺  
Parmesan Whipped Yukon Gold Potatoes 🍷

## Tuesday

Soup: Corn & Red Pepper Chowder (Mindful) 🍷☺  
Entree: Louisiana Chicken and Andouille Gumbo  
Cheese Ravioli with Bolognese Sauce  
Southern Fried Chicken  
Authentic Vegetable Enchiladas 🍷☺  
Spaghetti Squash Primavera ☺

## Wednesday

Soup: Toasted Barley and Lentil Soup ☺  
Entree: Italian Wedding Soup  
Pan Fried Cod Cakes  
Fried Pork Chop  
Turkey Saltimbocca ☺  
Steamed White Rice 🍃☺

## Thursday

Soup: Mexican Chicken & Lime Soup ☺  
Entree: Vegetable Chowder (Mindful) 🍃☺  
Chicken Tandoori  
Country Fried Steak with Brown Gravy  
Sautéed Tilapia & Honey Scallion Drizzle ☺  
Bhindi Masala - Crispy Okra 🍷

## Friday

Soup: Chicken Corn Chowder (Mindful) ☺  
Entree: Sweet Potato and Black Bean Chili 🍷☺  
Sweet and Sour Pork  
Golden Fried Catfish  
Spinach Eggplant Rollentini 🍷☺  
Grilled Zucchini

## Saturday

## Sunday

Soup: Mushroom Bisque (Mindful) 🍷☺  
Entree: Chunky Vegetable & Orzo Soup 🍷☺  
Portobello Mushroom Stroganoff 🍷  
Chicken 'n Dumplings  
Roasted Apple-Stuffed Pork Loin ☺  
Steamed Vegetable Medley 🍃☺