



Watch for
Mindful

Menu Solutions...

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

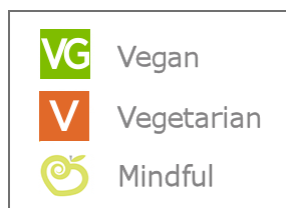
Hours

Monday - Sun: 6:15am to 3:00am

Managers

Operations Manager: Caroline
Williams 2-3560

Retail Manager: Tim Hassell
Senior Culinary Director: 2-5897



Medical Center Café

Week of Monday September 23

Monday

- Soup: Chicken Vegetable Soup (LS) ☺
Spring Pasta Fagioli (Mindful) ☺
- Entree: Original Rotisserie Chicken
Grilled Tilapia with Mango Jicama Relish ☺
- Side Dish: Steamed Corn 🌿☺
Macaroni and Cheese 🍷

Tuesday

- Soup: Chicken Noodle Soup (Mindful) ☺
Vegetarian Lentil & Spinach Soup 🌿☺
- Entree: Chili Mac
Mint, Ginger & Lime Marinated Pork Loin ☺
- Side Dish: Macaroni and Cheese 🍷
Broccoli Florets 🌿☺

Wednesday

- Soup: Chili con Carne (Mindful) ☺
Potato Leek Soup (Mindful) 🍷☺
- Entree: Extra Crispy Fried Chicken
Catch of the Day ☺
- Side Dish: Collard Greens 🍷☺
Steamed Fresh Baby Carrots 🌿☺

Thursday

- Soup: White Bean Chicken Chili (Mindful) ☺
Mushroom & Roasted Garlic Soup 🍷
- Entree: Glazed Baked Ham
Glazed Teriyaki Chicken Breast ☺
- Side Dish: Okra & Tomatoes 🍷
Creamy Macaroni & Cheese 🍷

Friday

- Soup: Chicken Barley Soup ☺
Manhattan Clam Chowder
- Entree: Golden Fried Swai
Turkey Tetrazzini ☺
- Side Dish: Creamy Macaroni & Cheese 🍷
Parsley Fresh Potatoes 🍷

Saturday

- Soup: Roasted Tomato Tortilla Soup 🌿☺

Sunday

- Soup: Red Curry Chicken Soup (Mindful) ☺
- Entree: Chicken Tenders Go Global
Brown Sugar Rubbed Pork Loin ☺
- Side Dish: Corn O'Brien with Peppers 🌿☺
Steamed Fresh Baby Carrots 🌿☺
Creamy Macaroni & Cheese 🍷