



Watch for
Mindful

Menu Solutions...

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

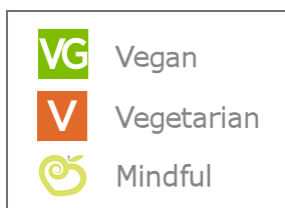
Hours

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 October 7

Monday

- Soup: Three Bean Chili
Chicken Vegetable Orzo Soup
- Entree: Original Rotisserie Chicken
Blackened Tilapia
- Side Dish: Fresh Zucchini & Tomatoes with Shallots
Baby Carrots

Tuesday

- Soup: Potato Soup with Kale & Chorizo
Turkey Rice Soup (Mindful)
- Entree: Pecan Crusted Chicken Breast
Tater Tot Casserole
- Side Dish: Roasted Zucchini & Eggplant
Corn O'Brien (Seasoned)

Wednesday

- Soup: Corn & Red Pepper Chowder (Mindful)
Chili con Carne (Mindful)
- Entree: Extra Crispy Fried Chicken
Mesquite Roast Pork Loin
- Side Dish: Southern Style Collard Greens
Creamy Macaroni & Cheese

Thursday

- Soup: Louisiana Chicken & Shrimp Gumbo
Louisiana Chicken & Shrimp Gumbo
Split Pea & Sausage Soup (Mindful)
- Entree: Chopped Beef Steak with Onions
Catfish Shrimp Stew
- Side Dish: Fried Cabbage

Friday

- Soup: Manhattan Clam Chowder (Mindful)
Chicken Tortilla Soup (Mindful)
- Entree: Golden Fried Swai
Chicken Chipotle BBQ
- Side Dish: Green Beans Oregano
Creamy Macaroni & Cheese

Saturday

- Soup: Cream of Chicken & Wild Rice (Mindful)

Sunday

- Soup: Chunky Vegetable & Orzo Soup
- Entree: BBQ Korean Chicken
Golden Fried Catfish
- Side Dish: Green Beans Southern Style
Macaroni and Cheese Side Dish
Corn O'Brien with Peppers