



Watch for  
Mindful

Menu Solutions...

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

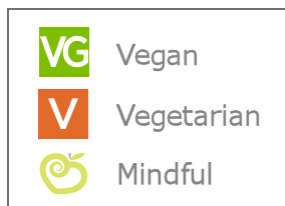
### Hours

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 November 18

## Monday

- Soup: Loaded Baked Potato Chowder  
Tuscan Minestrone Soup (Mindful)
- Entree: Original Rotisserie Chicken  
Traditional Chinese Pepper Steak
- Side Dish: Creamy Macaroni & Cheese   
Yellow Squash, Red Pepper & Peas Saute

## Tuesday

- Soup: Cream of Chicken & Wild Rice (Mindful)   
Vegetarian Lentil Soup (Mindful)
- Entree: Beef Liver with Onions  
Pork Chop with Fennel, Arugula & Orange
- Side Dish: Creamy Macaroni & Cheese   
Grilled Root Vegetables

## Wednesday

- Soup: Chili con Carne (Mindful)   
Cabbage and White Bean Soup
- Entree: Extra Crispy Fried Chicken  
Baked Cod Peperonata
- Side Dish: Collard Greens   
Steamed Fresh Baby Carrots

## Thursday

- Soup: Chicken Ditalini Soup (Mindful)   
Corn & Red Pepper Chowder (Mindful)
- Entree: Chopped Beef Steak with Onions  
Maple Chile Glazed Pork Loin
- Side Dish: Steamed Corn   
Creamy Macaroni & Cheese

## Friday

- Soup: Classic New England Clam Chowder  
Beef, Barley & Onion Soup
- Entree: Golden Fried Swai  
Basil Lemon Chicken Breast
- Side Dish: Creamy Macaroni & Cheese   
Baby Carrots

## Saturday

- Soup: Chicken Noodle Soup (LS)

## Sunday

- Soup: Vegetable Chili (Mindful)
- Entree: Roasted Lemon Sage Chicken Quarters  
Creamy Macaroni & Cheese   
Savory Black-Eyed Peas   
Green Beans with Oregano   
Garlic Mashed Potatoes