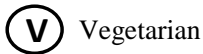




Look for the Mindful symbol to
find your way to better nutrition.



Mindful



Vegetarian



Hours of Operation

Breakfast: 7:00 to 10:30am

Lunch/Dinner: 11:00am to 7:00pm



Please note, menu is subject to change
depending upon availability
of the products.

Monday

Soup: Vegetarian Hot Pot Soup (Mindful) (V)
Minnesota Wild Rice
Thick & Zesty Chili
Entrée: Stuffed Pepper
Farmer's Salisbury Steak
Side: Mixed Vegetables
Green Beans Oregano
Mashed Potatoes
Bread: Dinner Roll

Tuesday

Soup: Beef & Barley (Mindful)
Creamy Mushroom
Thick & Zesty Chili
Entrée: Lemon Dill Pollock (Mindful)
Ham
Side: Potatoes Au Gratin
Confetti Rice
California Mixed Vegetables
Peas & Carrots

Wednesday

Soup: Turkey & Rice (Mindful)
Carrot Bisque (Mindful)
Thick & Zesty Chili
Entrée: Roasted Turkey Breast with Gravy (Carving Station) (Mindful)
Baked Macaroni & Cheese (Mindful) (V)
Side: Thyme Roasted Potatoes
Broccoli Cuts
Summer Squash & Carrot Medley

Thursday

Soup: Mushroom Barley (Mindful)
Cheeseburger Chowder
Thick & Zesty Chili
Entrée: Baked Herbed Pork Chop (Mindful)
Glazed Teriyaki Chicken Breast
Side: Wild Rice with Mushrooms & Almonds
Brussels Sprouts
Wok-Style Vegetables
Cellophane Noodles

Friday

Soup: Garden Vegetable (Mindful) (V)
Lighthouse Clam Chowder (Mindful)
Thick & Zesty Chili
Entrée: Farmer's Turkey Meatloaf (Carving Station) (Mindful)
Crispy Parmesan Swai Fish
Side: Mashed Potatoes
Snow Pea Pods
Brown Rice & Almonds
Green Beans

Saturday

Soup: French Market (Mindful)
Butternut Squash Bisque
Thick & Zesty Chili
Entrée: Home-style BBQ Chicken (Mindful)
Fresh Summer Garden Stew (Mindful) (V)
Side: Roasted Sweet Potatoes
Corn on the Cob
Orzo with Lemon & Herbs
Butter Beans

Sunday

Soup: Home-style Chicken Noodle
Creamy Broccoli (Mindful)
Thick & Zesty Chili
Entrée: Yankee Pot Roast
Tuscan Herb Pollock
Side: Farfalle Noodles
Scalloped Potatoes
French Cut Green Beans
Broccoli & Cauliflower