



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: Six Bean Soup
- Mexican Corn Soup
- Thick & Zesty Chili
- Entrée: Turkey Tetrazzini
- Spinach Lasagna
- Side: Spinach
- Cauliflower
- Brussels Sprouts
- Bread: Fresh Breadstick

Tuesday

- Soup: Chicken Rice Soup
- Cream of Vegetable
- Thick & Zesty Chili
- Entrée: Fried Tofu with Thai Curry Sauce
- Chicken Breast Florentine
- Side: Steamed Rice
- Roasted Red Potatoes
- Steamed Fresh Baby Carrots
- Snow Pead Pods

Wednesday

- Soup: Curried Carrot Ginger Potato Soup
- Baked Potato Soup
- Thick & Zesty Chili
- Entrée: Tilapia Provencal
- Stuffed Pepper
- Side: Spaghetti Noodles
- Barley Rice Pilaf
- Carrots, Cauliflower and Peas
- Leaf Spinach

Thursday

- Soup: Minestrone
- Velvet Corn
- Thick & Zesty Chili
- Entrée: Pot Roast
- Chicken-n-Dumplings
- Side: Farfalle Noodles
- Baked Sweet Potato Wedges
- Italian Cut Green Beans
- Country Kitchen Vegetables

Friday

- Soup: Tomato Soup
- Cajun Chicken Bisque
- Thick & Zesty Chili
- Entrée: Chicken Alfredo
- Crispy Baked Polluck
- Side: Mashed Potatoes
- Broccoli Florets
- Corn
- Bread: Fresh Breadstick

Saturday

- Soup: Mushroom Barley Soup
- Broccoli Cheddar Cheese
- Thick & Zesty Chili
- Entrée: Glazed Baked Ham (Carving Station)
- Spaghetti and Meatballs
- Side: Skillet Sweet Potatoes
- Chopped Spinach
- Balsamic Roasted Vegetables
- Bread: Fresh Breadstick

Sunday

- Soup: Chickpea and Tortellini
- Curried Apple
- Thick & Zesty Chili
- Entrée: Roasted Turkey Breast with Gravy (Carving Station)
- Beef Stroganoff
- Side: Mashed Potatoes
- Green Beans Amandine
- Herb Broiled Tomatoes
- Zucchini