



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

Mindful

Vegetarian

Vegan



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: Chicken Gumbo
- Tomato Florentine
- Thick & Zesty Chili
- Entrée: Tofu Vegetable Stir Fry & Brown Rice
- Spring Herb Dijon Pork Tenderloin (Carving Station)
- Side: Thyme Roasted Potatoes
- Peas & Mushrooms
- Steamed Fresh Baby Carrots
- Green Beans

Tuesday

- Soup: Cuban Black Bean Soup
- Potato & Corn Chowder
- Thick & Zesty Chili
- Entrée: Beef & Broccoli Stir Fry
- Tuscan Herb Tilapia
- Side: Jasmine Rice Pilaf
- Snow Pea Pods
- Roasted Garlic Chive Mashed Potatoes
- Balsamic Roasted Vegetables

Wednesday

- Soup: Asian Vegetable
- Mexican Corn
- Thick & Zesty Chili
- Entrée: Spicy Macaroni & Cheese with Veggies
- Glazed Teriyaki Chicken
- Side: Baked Vegetarian Egg Roll
- Ginger Soy Vegetables
- Herb Broiled Tomatoes
- Leaf Spinach

Thursday

- Soup: Turkey Noodle
- Cream of Celery
- Thick & Zesty Chili
- Entrée: Shepherd's Pie
- Adobo Roasted Turkey Breast (Carving Station)
- Side: Mashed Sweet Potatoes with Maple
- Wilted Swiss Chard with Lima Beans
- Cauliflower
- Green Beans Amandine

Friday

- Soup: Six Bean Soup
- Homestyle Manhattan Clam Chowder
- Thick & Zesty Chili
- Entrée: Chicken with Rosemary, Orzo & Vegetables
- Tuscan Herb Flounder
- Side: Barley Rice Pilaf
- Butternut Squash with Apples & Raisins
- California Mixed Vegetables
- Zucchini

Saturday

- Soup: Mulligatawny
- Entrée: Tuna Noodle Casserole with Topping
- Grilled Chicken Breast
- Side: Lemon Butter Fettuccine, Peas & Zucchini
- Braised Cabbage
- Baby Carrots & Sugar Snap Peas Medley
- Bread: Fresh Breadstick

Sunday

- Soup: Chicken Rice
- Entrée: Ancho Lime Marinated Chicken
- Apple Ginger Pork Chop
- Side: Oven Roasted Potato Wedges
- Corn on the Cob
- New Orleans Style Creole Pilaf
- Summer Squash Medley