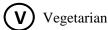






Look for the Mindful symbol to find your way to better nutrition.





VG Vegan





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.



Thick & Zesty Chili

Entrée: Tofu Vegetable Stir Fry & Brown Rice V

Spring Herb Dijon Pork Tenderloin (Carving Station)

Side: Thyme Roasted Potatoes Peas & Mushrooms

Steamed Fresh Baby Carrots

Green Beans

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

Soup: Asian Vegetable 🚫 🔍

Mexican Corn Thick & Zesty Chili

Entrée: Spicy Macaroni & Cheese with Veggies (v)

Glazed Teriyaki Chicken 🌕

Side: Baked Vegetarian Egg Roll

Ginger Soy Vegetables Herb Broiled Tomatoes

Leaf Spinach

Thursday

Wednesday

Monday

Tuesday

Soup: Turkey Noodle 65

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 (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 V

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