



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: Buffalo Chicken Chowder
- Mushroom Barley
- Chock Ful 'O' Beans Chili
- Entrée: Korean Stir Fried Vegetables with Tofu
- Italian Pasta
- Side: Baked Vegetarian Egg Roll
- Brown Rice
- Italian Cut Green Beans
- Bread: Fresh Breadstick

Tuesday

- Soup: Chickpea & Tortellini
- Cajun Chicken Bisque
- Chock Ful 'O' Beans Chili
- Entrée: Baked Swai Fish with Mediterranean Sauce
- Grilled Lemon Sage Chicken Breast
- Side: Orzo with Lemon & Herbs
- Couscous with Zucchini & Peppers
- Greek Spinach
- Roasted Mediterranean Vegetable Blend

Wednesday

- Soup: Caldo Gallego
- Corn Chowder
- Chock Ful 'O' Beans Chili
- Entrée: Farmer's Pot Roast
- Turkey Salisbury Steak with Gravy
- Side: Farfalle Noodles
- Caramelized Onion Yukon Gold Mashed Potatoes
- Country Kitchen Vegetables
- Southern Green Beans

Thursday

- Soup: Beef Vegetable
- Mama's Vegetable Soup
- Chock Ful 'O' Beans Chili
- Entrée: Cumin Roast Turkey Breast (Carving Station)
- Eggplant Parmesan
- Side: Barley Rice Pilaf
- Spaghetti Noodles
- Roasted Balsamic Brussels Sprouts
- Leaf Spinach

Friday

- Soup: Lighthouse Clam Chowder
- Enchilada Soup
- Chock Ful 'O' Beans Chili
- Entrée: Mediterranean Pollock & Romesco Sauce
- Beef Ragu over Farfalle Noodles
- Side: Brown Rice Pilaf
- Baby Carrots & Sugar Snap Peas Medley
- Broccoli Florets
- Bread: Fresh Breadstick

Saturday

- Soup: Chicken & Root Vegetable
- Entrée: Spanish Rice Stuffed Chicken
- Chicken Fried Steak with Cream Gravy
- Side: Corn O'Brien with Peppers
- Country Mashed Potatoes
- Zucchini
- Capri Mixed Vegetables

Sunday

- Soup: Tomato Soup
- Entrée: Roast Beef (Carving Station)
- Chicken Cacciatore
- Side: Mashed Potatoes
- Penne
- California Mixed Vegetables
- Italian Mixed Vegetables