



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: Root Vegetable Soup (Mindful) (Vegetarian)
Jerusalem Chicken Chowder (Mindful)
Black Bean Turkey Chili
Entrée: Eggplant Parmesan (Mindful) (Vegetarian)
Chicken with Rosemary, Orzo & Vegetables (Mindful)
Side: Linguine
Roasted Balsamic Brussels Sprouts
Eggplant with Tomato, Onion & Cauliflower

Tuesday

Soup: Turkey Noodle Soup (Mindful)
White Bean Escarole (Mindful) (Vegetarian)
Black Bean Turkey Chili
Entrée: Italian Roast Beef (Carving Station)
Shrimp Jambalaya (Mindful)
Side: Café Roasted Potatoes
Corn Pudding
Glazed Carrots
Summer Squash

Wednesday

Soup: Mushroom Barley (Mindful) (Vegetarian)
Cream of Vegetable (Mindful) (Vegetarian)
Black Bean Turkey Chili
Entrée: Roast Pork Loin (Carving Station)
Chicken Florentine Pasta Casserole (Mindful)
Side: Mashed Sweet Potatoes
Country Kitchen Vegetables
Broccoli Florets
Bread: Fresh Breadstick

Thursday

Soup: Roasted Vegetable & Lentil Soup (Mindful)
Potato Bacon
Black Bean Turkey Chili
Entrée: Spanish Rice Stuffed Chicken Breast (Mindful)
Italian Beef & Tomato
Side: Linguine
Green Beans Oregano
Zucchini
Bread: Fresh Breadstick

Friday

Soup: Chicken Paprikash Soup (Mindful)
Creamy Broccoli (Mindful) (Vegetarian)
Black Bean Turkey Chili
Entrée: Crispy Baked Tilapia (Mindful)
Pork Chop with Sauerkraut
Side: Confetti Couscous
Mashed Potatoes
Garlic Lemon Ginger Broccoli
Kale

Saturday

Soup: Garden Vegetable (Mindful) (Vegetarian)
Entrée: French Dip Sandwich (Mindful) (Vegetarian)
Turkey Tetrastini (Mindful)
Side: Roasted Potato Wedges
Leaf Spinach
Carrots with Dill
Pan Seared Chayote Squash

Sunday

Soup: Minestrone (Mindful) (Vegetarian)
Entrée: Herb Crunch Chicken Breast (Mindful)
Artichoke & Zucchini Paella (Vegetarian)
Side: Mashed Potatoes
Corn
Butternut Squash with Thyme