



Watch for Mindful Menu Solutions...

<https://www.mindful.sodexo.com>

Would you like to calculate your nutritional information for your meal? Try this web site:

<http://www.balancemindbodiesoul.com/balance/campus.asp>

Hours

Breakfast 6:30 AM – 9:30am
Lunch 11:00 AM – 2:00 PM
Dinner 5:00 PM – 7:00 PM

Managers

Tom Monfort General Manager
Ed Fleming Operations Manager
Brandon Falls Executive Chef
Jamie Hooks Patient Services
Simone Walker Clinical Nutrition

*Menu items subject to change

West Jefferson Medical Center Cafeteria

Week 1

Monday

Breakfast Special: Breakfast Croissant
Hotline: BBQ Chicken, Red Beans & Rice, Capri Blend Vegetables, Potatoes Au Gratin, Green Beans,
Grill Special: Philly Cheesesteak
Innovations: Rajun Cajun Pasta
Soups: Beef & Vegetable, Bacon Corn Chowder

Tuesday

Breakfast Special: Omelets
Hotline: Herb Roasted Turkey, Spaghetti w/ Meat Sauce, Lima Beans, Kernel Corn, Italian Mixed Vegetables, Cornbread Stuffing,
Grill Special: Country Fried Steak Sandwich
Innovations: Baked Potato Bar
Soups: Cream of Mushroom, Chicken & Sausage Gumbo
Take Home Meal: Rotisserie Chicken (Lunch & after 3:00 PM)

Wednesday

Breakfast Special: Big Breakfast Sandwich
Hotline: Beef Stroganoff, Stuffed Pork Chop, Egg Noodles, , French Green Beans, Mixed Vegetables, Glazed Carrots
Grill Special: Hot Dogs/Corn Dogs
Innovations: Shrimp Pasta Alfredo
Soups: French Onion, Cream of Broccoli

Thursday

Breakfast Special: Pancakes
Hotline: Fried Chicken, Baked Chicken, Shepard's Pie, White Beans, White Rice, Peas & Carrots, Broccoli
Grill Special: Hot Sausage Sandwich
Innovations: Chicken Quesadilla
Soups: Thick & Zesty Chili, Tortilla Soup
Take Home Meal: Rotisserie Chicken (Lunch & after 3:00 PM)

Friday

Breakfast Special: French Toast
Hotline: Beef Liver & Onions, Fried Fish, Baked Fish, Grilled Cheese Sandwiches, Mashed Potatoes, Sautéed Vegetable Blend
Grill Special: Shrimp Po Boy
Innovations: Dijon Turkey Burger
Soups: Seafood Gumbo, Minestrone Soup

GO FURTHER *with* FOOD

National Nutrition Month Events:

March 5 - 30th: Canned food drive; donate 5 or more non-perishable food items, receive \$5 meal voucher for Café Jefferson

March 14th: Registered Dietitian Day

March 20th: Mindful Mile Walk

March 29th: National Nutrition Month's Annual Farmer's Market 11 a.m. – 2 p.m., in cafeteria

QUALITY OF LIFE SERVICES