



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 Croissants
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, Glazed Carrots, 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, Kernel Corn, French Green Beans, Mixed Vegetables
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

DON'T FEEL LIKE COOKING TONIGHT?

GRAB & GO

DINNER FOR TWO

\$4.99 - \$6.99



Cafe Jefferson

Available Tuesday - Saturday • 4pm - 7pm
Selections Vary Daily

ALSO AVAILABLE:

Milk • Bread • Eggs • Cheese • More



PROUD MEMBER OF LCMC HEALTH



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QUALITY OF LIFE SERVICES