



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.balancemindbodysoul.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

Monday

Breakfast Special: Station Closed
Hotline: Grilled 8 Piece Chicken, Red Beans & Rice, Macaroni & Cheese, Corn on the Cob, Steamed Broccoli & Cauliflower
Grill Special: Station Closed
Innovations: Station Closed
Soups: Cream of Broccoli

Tuesday

Breakfast Special: Omelets
Hotline: Baked Tilapia, Country Fried Steak, Scalloped Potatoes, Dirty Rice, Cabbage, Kernel Corn
Grill Special: Meatball Melt
Innovations: Taco Bar
Soups: Garden Vegetable Soup, Chicken & Sausage Gumbo
Take Home Meal: Rotisserie Chicken (Lunch & after 3:00 PM)

Wednesday

Breakfast Special: Big Breakfast Sandwich
Hotline: Spaghetti & Meatballs, Stuffed Bell Peppers, Italian Green Beans, Macaroni & Cheese, Mushrooms, Sautéed Vegetable Blend
Grill Special: Hot Dogs/ Corn Dogs
Innovations: Big Burger Bar
Soups: Chicken Noodle, Italian Wedding Soup

Thursday

Breakfast Special: Pancakes
Hotline: Fried Chicken, Baked Chicken, White Beans, White Rice, Green Peas, Collard Greens, Mashed Potatoes
Grill Special: Hot Sausage Sandwich
Innovations: Thai Beef Stir Fry
Soups: Thick & Zesty Chili, Loaded Potato Soup
Take Home Meal: Rotisserie Chicken (Lunch & after 3:00 PM)

Friday

Breakfast Special: French Toast
Hotline: Fried Fish, Baked Fish, Sticky Ribs, Grilled Cheese Sandwiches, Roasted Red Potatoes, Baked Beans, Steakhouse Spinach
Grill Special: Oyster Po Boy
Innovations: BBQ Shrimp & Steak Fries
Soups: Seafood Gumbo, Tomato 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

