



## 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: Breakfast Croissant  
Hotline: Memphis BBQ Pork Chop, Red Beans & Rice, Sweet Potatoes O'Connor, Capri Blend Vegetables, Baby Carrots, Steamed Broccoli & Cauliflower  
Grill Special: Chicken Philly Cheesesteak  
Innovations: Roasted Squash, Apple, & Chicken Salad ☺  
Soups: Cream of Broccoli/ Soup Du Jour

### Tuesday

Breakfast Special: Omelets  
Hotline: Baked Tilapia, Country Fried Steak, Mashed Potatoes, Dirty Rice, Cabbage, Sautéed Vegetable Blend  
Grill Special: Meatball Melt  
Innovations: Jumbo Pork Chop Dinner  
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, Kernel Corn  
Grill Special: Hot Dogs/ Corn Dogs  
Innovations: Big Burger Bar  
Soups: Chicken Noodle, Cream of Broccoli

### Thursday

Breakfast Special: Pancakes  
Hotline: Fried Chicken, Baked Chicken, White Beans, White Rice, Green Peas, Collard Greens, Scalloped 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)

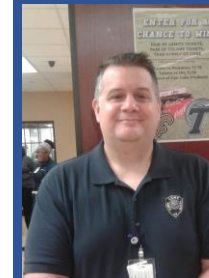
### Friday

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

Congratulations to the following people. They won the prizes in the CocaCola give away in the cafeteria.



Lori Tanner won 2 tickets to the Saints vs. Redskins on November 19.



Christian Rodriguez won 2 tickets to Tulane vs. UH on November 18.



Brandon Condoll won 14 cases of Coke products.

  
QUALITY OF LIFE SERVICES