



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

Week 2 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: Chicken Stir Fry w/ Jasmine Rice
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

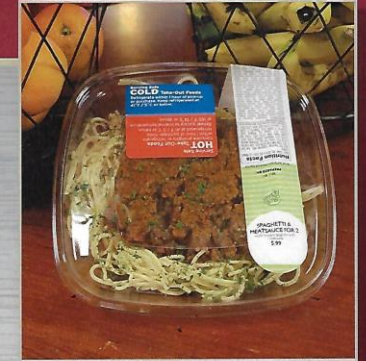
Breakfast Special: French Toast
Hotline: Fried Fish, Baked Fish, Sticky Ribs, Grilled Cheese Sandwiches, Roasted Red Potatoes, Baked Beans, Steakhouse Spinach
Grill Special: Oyster Po Boy
Innovations: BBQ Shrimp & Steak Fries
Soups: Seafood Gumbo, Tomato Soup

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

West Jefferson
Medical Center
PROUD MEMBER OF LCMC HEALTH

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QUALITY OF LIFE SERVICES