



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: Cornish Hen, Pork Roast, White Rice, Macaroni & Cheese, Mashed Potatoes, Green Peas, Sliced Carrots  
Grill Special: Closed  
Innovations: Closed  
Soups: Broccoli Cheddar Soup

### Tuesday

Breakfast Special: Omelets  
Hotline: Cuban Mojo Pork Loin, Breaded Cubed Steak, Dirty Rice, Glazed Carrots, Mashed Potatoes, Collard Greens  
Grill Special: Roast Beef & Cheddar Sub  
Innovations: Beef Taco Shell Bowl  
Soups: Vegetable Beef Soup, Chicken & Sausage Gumbo  
Take Home Meal: Rotisserie Chicken (Lunch & after 3:00 PM)

### Wednesday

Breakfast Special: Big Breakfast Sandwich  
Hotline: Salisbury Steak, Rosemary Turkey Breast<sup>®</sup>, Twice Baked Potatoes, Green Beans, Cornbread Stuffing, Broccoli Florets, Corn  
Grill Special: Patty Melt  
Innovations: Grilled Shrimp Tacos Deluxe  
Soups: Corn Chowder, US Senate Bean Soup

### Thursday

Breakfast Special: Pancakes  
Hotline: Fried Chicken, Baked Chicken, Fried Pork Chop, White Beans, White Rice, Baja Roasted Vegetables, Peas & Carrots, Cabbage  
Grill Special: Hot Sausage Sandwich  
Innovations: Seared Salmon, Kale & Quinoa Salad  
Soups: Thick & Zesty Chili, Minestrone Soup  
Take Home Meal: Rotisserie Chicken (Lunch & after 3:00 PM)

### Friday

Breakfast Special: French Toast  
Hotline: Meat Lasagna, Fried Fish, Baked Fish<sup>®</sup>, Grilled Cheese Sandwiches, Rice Pilaf, Country Kitchen Vegetables, Roasted Red Potatoes  
Grill Special: Shrimp Po Boy  
Innovations: Flat Iron Steak  
Soups: Seafood Gumbo, Tomato Bisque



Come and join us Christmas  
Day for our special Christmas  
Dinner.

We hope you all have a Merry  
Christmas and a Happy New  
Year.

  
QUALITY OF LIFE SERVICES