



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: Almond Encrusted Chicken Breast, Red Beans & Rice, Smoked Sausage, Capri Blend Vegetables, Corn Nuggets, French Cut Green Beans, Yellow Rice  
Grill Special: Beef Philly Cheesesteak  
Innovations: Greek Gyro  
Soups: Turkey Chili, 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, 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, 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

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