



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: Beef Taco Shell Bowl
Soups: Turkey Chili, Broccoli Cheddar Soup

Tuesday

Breakfast Special: Omelets
Hotline: Cuban Mojo Pork Loin, London Broil, Dirty Rice, Glazed Carrots, Mashed Potatoes, Collard Greens
Grill Special: Chopped Beef, Cheese & Onion Rings Sandwich
Innovations: Greek Chicken Potatoes & Spinach Dip
Soups: Vegetable Beef Soup, Chicken & Sausage Gumbo

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: Shrimp Spaghetti
Soups: Thick & Zesty Chili, Minestrone Soup

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

GO FURTHER *with* FOOD

National Nutrition Month Events:

March 5 - 30th: Canned food drive; donate 5 or more non-perishable food items, receive \$5 meal voucher for Café Jefferson

March 14th: Registered Dietitian Day

March 20th: Mindful Mile Walk

March 29th: National Nutrition Month's Annual Farmer's Market 11 a.m. – 2 p.m., in cafeteria


QUALITY OF LIFE SERVICES