



## 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

Joel Williams Executive Chef

Quaneisha Marshall Patient Services

Simone Walker Clinical Nutrition

\*Menu items subject to change

## West Jefferson Medical Center

### Cafeteria Monday

Breakfast Special: Breakfast Croissant

Hotline: Pot Roast, Rotisserie Chicken Quarters, White Rice, Mashed Potatoes, Cabbage, Black Eyed Peas, Collard Greens, Cornbread

Grill Special: Closed

Innovations: Closed

Soups: Beef Vegetable,

### Tuesday

Breakfast Special: Omelets

Hotline: Smothered Chicken, Creole Chili Mac, Raspberry Pork Loin, Cauliflower, Green Peas, Glazed Carrots w/ Raisins, White Rice

Grill Special: Fried Chicken Sandwich

Innovations: Mediterranean Shrimp Salad w/ Pita Bread

Soups: Turkey Noodle Soup, Chicken & Sausage Gumbo

Take Home Meal: Rotisserie Chicken (Lunch & after 3:00 PM)

### Wednesday

Breakfast Special: Big Breakfast Sandwich

Hotline: Beef & Broccoli Stir Fry, Bourbon Chicken, Meat Pies, Egg Rolls, Shrimp Fried Rice, Asian Vegetables, Sautéed Mushrooms

Grill Special: Hot Dogs/Corn Dogs

Innovations: Grilled Tuna Salad

Soups: Cream of Chicken, Egg Drop Soup

### Thursday

Breakfast Special: Pancakes

Hotline: Fried Chicken, Baked Chicken, White Beans, White Rice, Garlic Mashed Potatoes, Steakhouse Spinach, Key Largo Vegetables

Grill Special: Hot Sausage Sandwich

Innovations: Southwest Grilled Chicken Salad

Soups: Thick & Zesty Chili, Garden Vegetable Soup

Take Home Meal: Rotisserie Chicken (Lunch & after 3:00 PM)

### Friday

Breakfast Special: French Toast

Hotline: BBQ Beef Brisket, Fried Fish, Baked Fish, Grilled Cheese Sandwiches, Macaroni & Cheese, Baked Beans, Corn on the Cob, Green Beans

Grill Special: Oyster Po Boy

Innovations: Sizzlin' Beef Salad

Soups: Seafood Gumbo, Cauliflower Cheese



Stop by our Café Monday  
for your New Year's  
Greens, Black Eyed Peas,  
and Cornbread meal.

**sodexo**  
QUALITY OF LIFE SERVICES