



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 Week 4

Monday

Breakfast Special: Breakfast Croissant

Hotline: Pork Tenderloin, Red Beans & Rice, Smoked Sausage, Roasted Red Potatoes, Corn O' Brien, Broccoli w/ Cheese, Spinach

Grill Special: Chicken Philly Cheesesteak

Innovations: Kale Chicken & Quinoa Salad ☉ 760 C

Soups: Beef Vegetable, Split Pea w/ Ham

Tuesday

Breakfast Special: Omelets

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

Grill Special: Fried Chicken Sandwich

Innovations: Sizzlin Beef Salad

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 Ahi Tuna & Grapefruit Salad ☉ 630 C

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 ☉ 310 C

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: Grilled Chicken, Fig, and Bleu Cheese Salad ☉ 540 C

Soups: Seafood Gumbo, Cauliflower Cheese



It is healthy salad week on the Innovations station. Above is a picture of our new salad the Grilled Chicken Fig and Bleu Cheese. It is being featured on Friday.

2000 calories a day is used for general nutrition advice, but calorie needs vary.

Additional nutrition information available upon request.