



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

Week 5

Monday

Breakfast Special: Breakfast Croissant
Hotline: Glazed Ham, Red Beans & Rice, Smoked Sausage, Capri Mixed Vegetables,
Broccoli & Cauliflower, Candied Sweet Potatoes
Grill Special: Beef Philly Cheesesteak
Innovations: Closed
Soups: Potato & Corn Chowder, Chicken Tortilla Soup

Tuesday

Breakfast Special: Closed
Hotline: Chicken Cordon Bleu, Beef Tips w/ Noodles, Peas & Carrots, Green Beans, Kernel
Corn, Rice Pilaf
Grill Special: Closed
Innovations: Closed
Soups: Cream of Spinach, Chicken & Sausage Gumbo

Wednesday

Breakfast Special: Big Breakfast Sandwich
Hotline: Eggplant Parmesan, Crawfish Pasta, Rice, Yellow Squash, Brussels Sprouts, Baby
Carrots, Roasted Red Potatoes
Grill Special: Country Fried Steak Sandwich
Innovations: Sizzlin Smoked Salmon Salad
Soups: Macque Choux, Tuscan 7 Vegetable Soup

Thursday

Breakfast Special: Pancakes
Hotline: Fried Chicken, Baked Chicken, Smothered Pork Chop, California Blend Vegetables,
White Beans, Mustard Greens
Grill Special: Hot Sausage Sandwich
Innovations: Grilled Flat Iron Steak
Soups: Turkey Rice Soup, Thick & Zesty Chili

Friday

Breakfast Special: French Toast
Hotline: Cajun Pecan Chicken Breast, Fried Fish, Baked Fish, Grilled Cheese, Green Beans
Amandine, Sautéed Vegetables, Macaroni & Cheese
Grill Special: Shrimp Po Boy
Innovations: Shrimp & Grits
Soups: Seafood Gumbo, Tomato Soup

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