



## 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: Grilled Tossed Chicken Salad ☺  
Soups: Potato & Corn Chowder, Chicken Tortilla Soup

### Tuesday

Breakfast Special: Ham & Cheese Omelet  
Hotline: Chicken Cordon Bleu, Crawfish Pasta, Peas & Carrots, Green Beans, Kernel Corn, Rice Pilaf  
Grill Special: Grilled Shrimp Tacos ☺  
Innovations: Sizzlin' Smoked Salmon Salad  
Soups: Cream of Spinach, Chicken & Sausage Gumbo  
Take Home Meal: Rotisserie Chicken (Lunch & after 3:00 PM)

### Wednesday

Breakfast Special: Big Breakfast Sandwich  
Hotline: Eggplant Parmesan, Beef Tips w/ Noodles, Rice, Yellow Squash, Brussels Sprouts, Baby Carrots, Roasted Red Potatoes  
Grill Special: Country Fried Steak Sandwich  
Innovations: Nacho 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  
Take Home Meal: Rotisserie Chicken (Lunch & after 3:00 PM)

### 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



Come by the cafeteria Tuesday  
Halloween Day see the displays  
and vote for your favorite  
Pumpkin. You decide the  
winner.

  
**QUALITY OF LIFE SERVICES**