



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

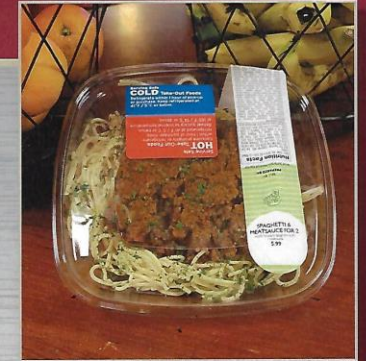
Breakfast Special: French Toast
Hotline: Cajun Pecan Chicken Breast, Fried Fish, Baked Fish, Grilled Cheese, Green Beans Amandine, Sautéed Vegetables, Macaroni & Cheese
Grill Special: Shrimp Po Boy
Innovations: Shrimp & Grits
Soups: Seafood Gumbo, Tomato Soup

DON'T FEEL LIKE COOKING TONIGHT?

GRAB & GO

DINNER FOR TWO

\$4.99 - \$6.99



Cafe Jefferson

Available Tuesday - Saturday • 4pm - 7pm

Selections Vary Daily

ALSO AVAILABLE:

Milk • Bread • Eggs • Cheese • More

West Jefferson
Medical Center
PROUD MEMBER OF LCMC HEALTH

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QUALITY OF LIFE SERVICES