



Watch for Mindful Menu Solutions...

Look for the
Mindful
symbol to find your way
to better nutrition.

Hours

Monday-Sunday
Breakfast: 6:30am-9:00am
Lunch: 11:00am-1:30pm
Dinner: 5:30pm-6:30pm

Managers

General Manager: Warren Bates
Operations Manager:
Ronnie Wilmoth
Soup Prices:

Soup \$1.99/\$2.49
Dine In or Carry Out.



Vegan

Vegetarian

Mindful

HCMH/Week 3

Monday

Entree:	Eggplant Parmesan	\$2.99
	B.B.Q. Chicken Breast	\$3.19
Sides:	Summer Squash Medley	\$.99
	Baby Bakers Potatoes	\$.99
	Green beans	\$.99
	Sweet Potato Fries	\$1.09
Soup:	Broccoli Cheese Soup	12oz/16oz
Pizza:	Pizza By The Slice	\$1.99
Grill:	Chicken Philly Sub w/ peppers and Onions	\$3.19

Tuesday

Entree:	Italian Roast Beef	\$3.19
	General Tso's Chicken	\$4.29
Sides:	Jasmine Rice /Glazed Carrots Sweet	\$.99
	Stir fry vegetables	\$1.09
	Vegetable Egg Roll	\$1.49
Soup:	Thick & Zesty Chili	12oz/16oz
Pizza:	Pizza By The Slice	\$1.99
Grill:	Hot Dog w/ Chili	\$2.19

Wednesday

Entree:	BBQ Pork Chopped	\$2.99
	6 oz. Ribeye Steak	\$4.99
Sides:	Potato casserole \$1.29 /Roasted Yellow Squash	\$.99
	Yeast Roll	\$.79
	Broccoli Florets	\$.99
	Shoestring French Fries	\$1.09
Soup:	Roasted Poblano & white Cheddar Soup	
Pizza:	Pizza By The Slice	\$1.99
Grill:	Chicken Filet Sandwich	\$3.19

Thursday

Entree:	Chicken Franchise	\$3.49
	Italian Beef and Tomato	\$3.19
Sides:	Linguine / Garlic Toast	\$.99
	Steamed Baby Carrots	\$.99
	Brussel Sprouts/Wedge Cut Fries	\$1.09
Soup:	Cream of Potato Soup with Bacon	12oz/16oz
Pizza:	Pizza By The Slice	\$1.99
Grill:	Grilled Reuben	\$3.19

Friday

Entree:	Lemon pepper Tilapia	\$3.29
	Chicken Penne & Chipotle Alfredo Sauce	\$3.19
Sides:	Confetti Couscous \$1.59 /Broccoli & Cheese	\$.99
	Garden Veggie Rice Pilaf	\$.99
	Onion Rings	\$1.09
Soup:	Chicken Noodle	12oz/16oz
Pizza:	Pizza By The Slice	\$1.99
Grill:	Buffalo Chicken Wings/BBQ Wings	\$4.29

Saturday

Entree:	Baked Ham	\$2.99
	Oven Roasted Potato Wedges	\$.99
	Green Peas	\$.99
	Sweet Potato Fries \$1.09/Yeast Roll	\$.79
Soup:	Tomato Soup	12oz/16oz
Pizza:	Pizza By The Slice	\$1.99
Grill:	Grilled Cheese Sandwich	\$1.79

Sunday

Entree:	Herb Crunch Chicken Breast	\$3.19
	Mashed Potatoes /Green Beans	\$.99
	Shoestring Fries	\$1.09
Soup:	Chef choice	12oz/16oz
Pizza:	Pizza By The Slice	\$1.99
Grill:	Patty Melt	\$3.19