



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 our carry out.
Whole Pizza Available \$12.99
(with a notice)



Vegan Vegetarian Mindful

HCMH Café/Week2

Monday

Entree:	Pork Chop(Breaded & Boneless)	\$2.99
	Braised Beef Tips w/P & O	\$3.49
	Mashed Potatoes	\$.99
Sides:	Wedge Cut Fries	\$1.09
	Cornbread	\$.79
	White Beans w/Ham /Collard Greens	\$.99
Grill:	Mushroom Swiss Burger	\$3.19
Soup:	Thick & Zesty Chili	12oz/16oz
Pizza:	Pizza By The Slice	\$1.99

Tuesday

Entree:	Sloppy Joe's	\$3.19
	Chicken Breast Florentine	\$3.49
Sides:	Green Peas	\$.99
	Roasted Red Potatoes /Sweet Baby Carrots	\$.99
	Shoestring French Fries	\$1.09
Grill:	Corn Dog \$.99 / Yeast Roll	\$.79
Soup:	Lobster BisQue	12oz/16oz
Pizza:	Pizza By The Slice	\$1.99

Wednesday

Entree:	Popcorn Shrimp	\$3.79
	Stuffed Pepper	\$2.99
Sides:	Rice Pilaf /Broccoli Florets w/Cheese Sauce	\$1.09
	Roasted Corn	\$.99
	Wedge Cut French Fries/ Hush Puppies	\$1.09
Grill:	Grilled Montreal Chicken Tenders	\$3.29
Soup:	Vegetable Beef Soup	12oz/16oz
Pizza:	Pizza By The Slice	\$1.99

Thursday

Entree:	Baked Ham	\$2.99
	Chicken Casserole	\$3.19
Sides:	Green Beans /Squash Casserole	\$1.09
	Red skin mashed potatoes/	\$1.09
	Pinto Beans	\$.99
	Cornbread \$.69/Wedge Cut Fries	\$1.09
Grill:	Hot Ham & Cheese	\$2.79
Soup:	Broccoli Cheese Soup	12oz/16oz
Pizza:	Pizza By The Slice	\$1.99

Friday

Entree:	Chicken Alfredo	\$3.19
	Peppercorn Tilapia	\$4.29
Sides:	Broccoli Casserole	\$1.09
	Corn Nuggets	\$1.09
	Garlic Toast	\$.79
	Crinkle Cut French Fries \$1.09/ Yellow Rice	\$.99
Grill:	Chuck wagon Sandwich	\$2.79
Soup:	Homemade chicken dumpling	12oz/16oz
Pizza:	Pizza By The Slice	\$1.99

Saturday

Entree:	Beef Stew	\$3.49
	Candy Yams /Collard Greens	\$.99
	Shoestring fries	\$1.09
Grill:	Chicken Philly Sandwich	\$3.19
Soup:	Chef Choice	12oz/16oz
Pizza:	Pizza By The Slice	\$1.99

Sunday

Entree:	Extra Crispy Fried Chicken and Chicken Gravy	\$3.19
	Green Beans /Mashed Potatoes	\$.99
	Sweet potato Fries	\$1.09
Soup:	Chef Choice	12oz/16oz
Pizza:	Pizza By The Slice	\$1.99
Grill:	Crispy Fish Sandwich	\$2.99