



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: 11:30am-1:30pm
Dinner: 5:30pm-7:00pm

Managers

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

Soup \$1.49/\$1.99/\$2.49
Dine In or Carry Out

Week 4



Vegan

Vegetarian

Mindful

Monday

Entree:	Spagetti w/ Meat sauce	\$2.99
	Roasted Pork Loin	\$2.99
Sides:	Sweet Carrots / Green Beans	\$.99
	Oven Roast Herbed Red Potatoes	\$.99
	Shoestring French Fries \$1.09/ Garlic Toast	\$.79
Soup:	Thick & Zesty Chili	8oz/12oz/16oz
Pizza:	Pizza By The Slice	\$1.99
Grill:	Chicken Tenders	\$3.29

Tuesday

Entree:	Meatloaf w/ Ketchup	\$2.99
	Tilapia Italiano	\$2.99
Sides:	Mashed Potatoes / Cream corn	\$.99
	Buttered Green Peas	\$.99
	French Fries	\$1.09
Soup:	Loaded Potato/ Soft Bread Stick	
Pizza:	Pizza By The Slice	\$1.99
Grill:	Pepper Jack Cheeseburger	\$2.79

Wednesday

Entree:	Marinated London Broil	\$3.49
	Glazed Teriyaki Chicken Breast	\$2.99
Sides:	Herb Broiled Tomatoes	\$.99
	Vegetable Egg Roll	\$1.49
	Jasmine Rice	\$.99
	Broccoli & Carrot Medley	\$.99
	Steak Cut French Fries	\$1.09
Soup:	Vegetable Beef w/Barley	8oz/12oz/16oz
Pizza:	Pizza By The Slice	\$1.99
Grill:	BBQ Pork Sandwich	\$2.99

Thursday

	Hamburger Steak Plain or With Gravy	\$2.99
	Adobo Roasted Turkey Breast	\$2.99
Sides:	Cauliflower / Green Beans	\$.99
	Mashed Potatoes	\$.99
	Pinto Beans w/Ham	\$.99
	Cornbread	\$.59
Soup:	Tomato Soup	8oz/12oz/16oz
Pizza:	Pizza By The Slice	\$1.99
Grill:	Grilled Cheese	\$1.59

Friday

Entree:	Crispy Baked Chicken Quarters	\$2.99
	Fried Flounder	\$2.99
	California Mixed Vegetables / Wild Rice	\$.99
	Baked Beans	\$.99
	Tator Tots/Hush Puppies	\$1.09
Soup:	Broccoli Cheese Soup	8oz/12oz/16oz
Pizza:	Pizza By The Slice	\$1.99
Grill:	Polish Sausage Dog	\$2.79

Saturday

Entree:	Beef Taco Salad	\$4.29
	Cheese Enchiladas	\$2.19
	Refried Beans / Black Beans	\$.79
	Crinkle Cut French Fries	\$1.09
Soup:	Chicken Noodle	8oz/12oz/16oz
Pizza:	Pizza By The Slice	\$1.99
Grill:	Spicy Chicken Filet	\$2.99

Sunday

Entree:	Chicken Casserole	\$2.99
	Mashed Potatoes / Black Eyed Peas	\$.99
	Summer Squash Medley	\$.99
Soup:	Chicken w/Rice	8oz/12oz/16oz
Pizza:	Supreme Pizza	\$1.99
Grill:	Chicken Wings	\$4.29

