



Watch for Mindful Menu Solutions...

Look for the
Well Balanced
symbol to find your way
to better nutrition.

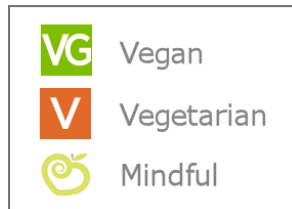
*Celebrate American Heritage
Month!!*

Hours

Monday - Thursday: 7:30m- 6:00pm
Friday 7:30m-3:00pm

Managers

Tom Van Pelt
292-2513



MARKETPLACE

Week of Monday October 30

PIZZA: CHEESEBURGER

CALZONE: ROASTED VEGETABLE

Monday

| | | |
|--------------------|--|--------|
| Soup: | Chicken Gumbo (Mindful) | \$2.39 |
| | Vegetarian Minestrone | \$2.39 |
| | Chili con Carne (Mindful) | \$2.39 |
| Breakfast: | Eggs & Veggie Relish on English Muffin | \$3.99 |
| Grill @: | South Philly Chicken on Pretzel Roll | \$5.49 |
| Brighton Deli: | Stuffed Artichoke Wrap | \$5.49 |
| Brighton Entree: | Basil Lemon chicken w/ couscous | \$6.29 |
| Magellan's Entree: | Warm Pasta Salad w/ Grilled Chicken | \$6.29 |

Tuesday

| | | |
|-------------------|--|--------|
| Soup: | Italian Wedding Soup (Mindful) | \$2.39 |
| | Caribbean Carrot & Sweet Potato Soup | \$2.39 |
| | Chili con Carne (Mindful) | \$2.39 |
| Breakfast: | Eggs & Veggie Relish on English Muffin | \$3.99 |
| Grill @: | South Philly Chicken on Pretzel Roll | \$5.49 |
| Brighton Deli: | Stuffed Artichoke Wrap | \$5.49 |
| Brighton Entree: | Chicken & Slippery Dumplings | \$6.29 |
| Magellan' Entree: | BBQ Rib Plate | \$6.29 |

Wednesday

| | | |
|--------------------|--|--------|
| Soup: | Beef Barley Soup | \$2.39 |
| | Cream of Mushroom with Wild Rice Soup | \$2.39 |
| | Chili con Carne (Mindful) | \$2.39 |
| Breakfast: | Eggs & Veggie Relish on English Muffin | \$3.99 |
| Grill @: | South Philly Chicken on Pretzel Roll | \$5.49 |
| Brighton Deli: | Stuffed Artichoke Wrap | \$5.49 |
| Brighton Entree: | Old Fashioned Beef Stew | \$6.29 |
| Magellan's Entree: | Scratch Vegetable Lasagna | \$6.29 |

Thursday

| | | |
|--------------------|--|--------|
| Soup: | Chicken Corn Chowder Soup | \$2.39 |
| | Cream of Spinach Soup | \$2.39 |
| | Chili con Carne (Mindful) | \$2.39 |
| Breakfast: | Eggs & Veggie Relish on English Muffin | \$3.99 |
| Grill @: | South Philly Chicken on Pretzel Roll | \$5.49 |
| Brighton Deli: | Stuffed Artichoke Wrap | \$5.49 |
| Brighton Entree: | Pasta Toss Bar | \$6.29 |
| Magellan's Entree: | Chicken & Andouille Sausage Gumbo | \$6.29 |

Friday

| | | |
|------------------|--|--------|
| Soup: | Gulf Shrimp & Corn Chowder | \$2.39 |
| | Classic Chili | \$2.39 |
| Breakfast: | Eggs & Veggie Relish on English Muffin | \$3.99 |
| Brighton Deli: | Stuffed Artichoke Wrap | \$5.49 |
| Brighton Entree: | Szechuan Ginger Salmon w/ Rice & Cabbage | \$6.99 |
| Magellan's: | Szechuan Ginger Salmon w/ Rice & Cabbage | \$6.99 |