



# Watch for Mindful Menu Solutions...

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

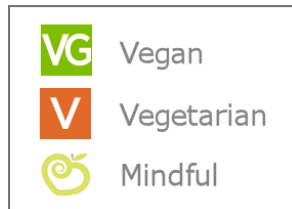
*Celebrate American Heritage  
Month!!*

## Hours

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

## Managers

Tom Van Pelt  
292-2513



## MARKETPLACE

Week of Monday October 9  
PIZZA: BUFFALO CHICKEN  
CHEESE CALZONE w\ HAM

### Monday

Soup:	Creamy Potato Dill Soup	\$2.39
	Grilled Chicken Tortilla Soup (Mindful)	\$2.39
	All Natural Turkey Chili	\$2.39
Breakfast:	Home-Style Breakfast Bowl	\$4.89
Grill @:	Maple Dijon Turkey Burger	\$4.29
Brighton Deli:	Bacon BBQ Meatloaf Sandwich	\$5.29
Brighton Entree:	Sausage, Pep. & Onion Sand. Roast. Potat.	\$5.29
Magellan's:	Chicken Fried Steak w\ Old Bay Gravy	\$6.29

### Tuesday

Soup:	Hearty Beef Vegetable Soup	\$2.39
	Loaded Potato Soup	\$2.39
	All Natural Turkey Chili	\$2.39
Breakfast:	Home-Style Breakfast Bowl	\$4.89
Grill @:	Maple Dijon Turkey Burger	\$4.29
Brighton Deli:	Bacon BBQ Meatloaf Sandwich	\$5.29
Brighton Entree:	Lasagna Classic W\ Meat or Vegetable Lasagna	\$6.29
Magellan's:	House Taco Bar	\$4.99

### Wednesday

Soup:	Old Fashioned Turkey Noodle Soup	\$2.39
	Creamy Tomato Basil Soup	\$2.39
	All Natural Turkey Chili	\$2.39
Breakfast:	Home-Style Breakfast Bowl	\$4.89
Grill @:	Maple Dijon Turkey Burger	\$4.29
Brighton Deli:	Bacon BBQ Meatloaf Sandwich	\$5.29
Brighton Entree:	Roasted Pork with Tomato Cilantro Sauce	\$6.29
Magellan's:	Spinach Stuffed Pork Chop w\ Sweet Potato	\$6.29

### Thursday

Soup:	Black Bean, Sausage and Rice Soup	\$2.39
	Cream of Fresh Broccoli Soup	\$2.39
	All Natural Turkey Chili	\$2.39
Breakfast:	Home-Style Breakfast Bowl	\$4.89
Grill @:	Maple Dijon Turkey Burger	\$4.29
Brighton Deli:	Bacon BBQ Meatloaf Sandwich	\$5.29
Brighton Entree:	Cajun Chicken Alfredo	\$6.29
Magellan's:	Penne with Rustic Bolognese Sauce	\$6.29

### Friday

Soup:	Manhattan Clam Chowder (Mindful)	\$2.39
	All Natural Turkey Chili	\$2.39
Breakfast:	Homestyle Sausage Breakfast Bowl	\$4.89
Grill @:	Maple Dijon Turkey Burger	\$4.29
Brighton Entree:	Baked Tilapia with Basmati Rice	\$6.99
Magellan's:	Baked Tilapia with Basmati Rice	\$6.99