

# 321 CAFÉ

Week of Monday October 9



## Watch for Mindful Menu Selections!

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

*Celebrate American Heritage  
Month!!*

### Hours

Monday - Thursday: 7:30am to  
6:00pm  
Friday: 7:30 to 3:00

### Managers

Manager: Thomas Van Pelt  
585-292-2513

Cafe manager: Jon Rhees  
585-685-6231



Vegan



Vegetarian



Mindful

## MONDAY

Soup:	Grilled Chicken Tortilla Soup (Mindful) ☺	\$2.39
	Chili con Carne (Mindful) ☺	\$2.39
Breakfast:	Home-Style Breakfast Bowl	\$4.89
Grill:	Maple Dijon Turkey Burger	\$4.29
Deli:	Bacon BBQ Meatloaf Sandwich	\$5.29
Entrée:	Chicken Fried Steak w\ Old Bay Gravy	\$6.29

## TUESDAY

Soup:	Loaded Potato Soup	\$2.39
	Chili con Carne (Mindful) ☺	\$2.39
Breakfast:	Home-Style Breakfast Bowl	\$4.89
Grill:	Maple Dijon Turkey Burger	\$4.29
Deli:	Bacon BBQ Meatloaf Sandwich	\$5.29
Entrée:	House Taco Bar	\$4.99

## WEDNESDAY

Soup:	Old Fashioned Chicken Noodle Soup (Zime)	\$2.39
	Chili con Carne (Mindful) ☺	\$2.39
Breakfast:	Home-Style Breakfast Bowl	\$4.89
Grill:	Maple Dijon Turkey Burger	\$4.29
Deli:	Bacon BBQ Meatloaf Sandwich	\$5.29
Entrée:	Spinach Stuffed Pork Chop & Sweet Potato	\$6.29

## THURSDAY

Soup:	All Natural Turkey Chili ☺	\$2.39
	Chili con Carne (Mindful) ☺	\$2.39
Breakfast:	Home-Style Breakfast Bowl	\$4.89
Grill:	Maple Dijon Turkey Burger	\$4.29
Deli:	Bacon BBQ Meatloaf Sandwich	\$5.29
Entrée:	Penne with Rustic Bolognese Sauce ☺	\$6.29

## FRIDAY

Soup:	Manhattan Clam Chowder (Mindful) ☺	\$2.39
Breakfast:	Home-Style Breakfast Bowl	\$4.89
Grill:	Maple Dijon Turkey Burger	\$4.29
Entrée:	Baked Tilapia with Basmati Rice	\$6.99

**PIZZA: BUFFALO CHICKEN \$3.09**

**CALZONE: CHEESE W\ HAM \$3.99**