

# 321 CAFÉ

Week of Monday October 2



## 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:	Chicken Gumbo (Mindful)	\$2.39
	Vegetarian Chili Mix with Beans, Dry	\$2.39
Breakfast:	Eggs & Veggie Relish on English Muffin	\$3.99
Grill:	South Philly Chicken on Pretzel Roll	\$5.49
Deli:	Stuffed Artichoke Wrap	\$5.49
Entrée:	Frito Pie Dog	\$4.99

## TUESDAY

Soup:	Italian Wedding Soup (Mindful)	\$2.39
	Vegetarian Chili Mix with Beans, Dry	\$2.39
Breakfast:	Eggs & Veggie Relish on English Muffin	\$3.99
Grill:	South Philly Chicken on Pretzel Roll	\$5.49
Deli:	Stuffed Artichoke Wrap	\$5.49
Entrée:	Warm Pasta Salad with Grilled Chicken	\$6.29

## WEDNESDAY

Soup:	Chicken & Dumplings Soup	\$2.39
	Split Pea Soup with Ham	\$2.39
Breakfast:	Eggs & Veggie Relish on English Muffin	\$3.99
Grill:	South Philly Chicken on Pretzel Roll	\$5.49
Deli:	Stuffed Artichoke Wrap	\$5.49
Entrée:	BBQ Chicken, french fries and baked beans	\$6.29

## THURSDAY

Soup:	Cream of Fresh Broccoli Soup	\$2.39
	Grilled Chicken Tortilla Soup (Mindful)	\$2.39
Breakfast:	Eggs & Veggie Relish on English Muffin	\$3.99
Grill:	South Philly Chicken on Pretzel Roll	\$5.49
Deli:	Stuffed Artichoke Wrap	\$5.49
Entree:	Old Fashioned Beef Stew	\$6.29

## FRIDAY

Soup:	Gulf Shrimp & Corn Chowder	\$2.39
Grill:	South Philly Chicken on Pretzel Roll	\$5.49
Entrée:	Baked Cajun Haddock, Rice Pilaf	\$6.99

## CHEESEBURGER PIZZA

## ROASTED VEGETABLE CALZONE