

321 CAFÉ

Week of Monday January 22



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:	Classic Chili Classic Italian Wedding Soup
Breakfast:	Blueberry Pancake
Deli:	California Chicken Club Sandwich
Entrée:	Bacon BBQ Meatloaf Sandwich Sloppy Joe Sandwich

TUESDAY

Soup:	Classic Chili Creamy Broccoli Cheddar Soup
Breakfast:	Blueberry Pancake
Deli:	California Chicken Club Sandwich
Entrée:	Bacon BBQ Meatloaf Sandwich Meat Lasagna

WEDNESDAY

Soup:	Classic Chili Creamy Broccoli Cheddar Soup
Breakfast:	Blueberry Pancake
Deli:	California Chicken Club Sandwich
Entrée:	Bacon BBQ Meatloaf Sandwich Fried Bone In Chicken Wings

THURSDAY

Soup:	Classic Chili Chicken & Noodle Soup
Breakfast:	Blueberry Pancake
Deli:	California Chicken Club Sandwich
Entrée:	Bacon BBQ Meatloaf Sandwich Baked Chicken Parmesan with Linguine

FRIDAY

Soup:	New England Style Clam Chowder
Breakfast:	Blueberry Pancake
Deli:	California Chicken Club Sandwich
Entrée:	Bacon BBQ Meatloaf Sandwich Haddock Fillets, Raw, 4-6 oz Basmati Rice (Plain)

SATURDAY

SUNDAY