

# 321 CAFÉ

Week of Monday October 30



## 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



## MONDAY

Soup:	Chicken Gumbo (Mindful)	\$2.39
	Vegetarian Chili	\$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
	Classic Chili	\$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:	Cream of Mushroom with Wild Rice Soup	\$2.39
	Beef Barley Soup	\$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:	Scratch Roasted Vegetable Lasagna	\$6.29

## THURSDAY

Soup:	Cream of Fresh Broccoli Soup Mindful 12oz	\$2.39
	Chicken Corn Chowder Soup	\$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:	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	\$6.99
	Rice Pilaf with Butter	

## PIZZA: CHEESEBURGER

## CALZONE: ROASTED VEGETABLE