

321 CAFÉ

Week of Monday December 18



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:	Homestyle Chicken Noodle Soup	\$2.39
Breakfast:	Fried French Toast Sticks	\$4.99
	Fresh Strawberry Cup	
Grill:	Fried Chicken Wrap	\$5.09
Entrée:	Baked Ziti with Sausage	\$6.29

TUESDAY

Soup:	Italian Wedding Soup (Mindful)	\$2.39
Breakfast:	Fried French Toast Sticks	\$4.99
	Fresh Strawberry Cup	
Grill:	Fried Chicken Wrap	\$5.09
Entrée:	House Taco Bar	\$4.99

WEDNESDAY

Soup:	Cream of Mushroom with Wild Rice Soup	\$2.39
Breakfast:	Fried French Toast Sticks	\$4.99
	Fresh Strawberry Cup	
Grill:	Fried Chicken Wrap	\$5.09
Entrée:	Scratch Roasted Vegetable Lasagna	\$6.29

THURSDAY

Soup:	Cream of Fresh Broccoli Soup Mindful 12oz	\$2.39
Breakfast:	Fried French Toast Sticks	\$4.99
	Fresh Strawberry Cup	
Grill:	Fried Chicken Wrap	\$5.09
Entrée:	Chicken Fried Steak Plate	\$6.29

FRIDAY

CHEF'S CHOICE

HAPPY HOLIDAYS!

SATURDAY

SUNDAY