

321 CAFÉ

Week of Monday November 27



Watch for Mindful Menu Selections!

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

*Celebrate American Heritage
Month!!*

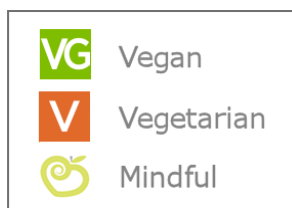
Hours

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 V | \$2.39 |
| Breakfast: | French Toast Sticks V ☺ | \$3.99 |
| Grill: | Buffalo Chicken Quesadilla with Jalapeño | \$4.29 |
| Deli: | Lemon Tarragon Tuna Salad Sandwich ☺ | \$4.29 |
| Entrée: | Salisbury Steak & Brown Gravy | \$6.29 |

TUESDAY

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|------------|--|--------|
| Soup: | Italian Wedding Soup (Mindful) ☺ | \$2.39 |
| | Chili con Carne (Mindful) ☺ | \$2.39 |
| Breakfast: | French Toast Sticks V ☺ | \$3.99 |
| Grill: | Buffalo Chicken Quesadilla with Jalapeño | \$4.29 |
| Deli: | Lemon Tarragon Tuna Salad Sandwich ☺ | \$4.29 |
| Entrée: | Crispy Baked Chicken Quarters with gravy | \$6.29 |

WEDNESDAY

| | | |
|------------|--|--------|
| Soup: | Cream of Mushroom with Wild Rice Soup V | \$2.39 |
| | Beef Barley Soup ☺ | \$2.39 |
| Breakfast: | French Toast Sticks V ☺ | \$3.99 |
| Grill: | Buffalo Chicken Quesadilla with Jalapeño | \$4.29 |
| Deli: | Lemon Tarragon Tuna Salad Sandwich ☺ | \$4.29 |
| Entrée: | Scratch Roasted Vegetable Lasagna V | \$6.29 |

THURSDAY

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|------------|---|-------------|
| Soup: | Cream of Fresh Broccoli Soup Mindful 12oz V | \$2.39 |
| | Chicken Corn Chowder Soup ☺ | \$2.39 |
| Breakfast: | French Toast Sticks V ☺ | \$3.99 |
| Grill: | Buffalo Chicken Quesadilla with Jalapeño | \$4.29 |
| Deli: | Lemon Tarragon Tuna Salad Sandwich ☺ | \$4.29 |
| Entrée: | Buffalo Chicken Wings | \$4.59 7.29 |

FRIDAY

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|------------|-----------------------------|--------|
| Soup: | Gulf Shrimp & Corn Chowder | \$2.39 |
| Breakfast: | French Toast Sticks V ☺ | \$3.99 |
| Entrée: | Beer Battered Haddock Plate | \$6.99 |
| | Pineapple Coleslaw V ☺ | |

PIZZA: CHEESEBURGER

CALZONE: ROASTED VEGETABLE