

321 CAFÉ

Week of Monday May 14



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 & White Bean Chili (Mindful) ☺
	Italian Wedding Soup ☺
Breakfast:	Sausage Gravy & Biscuit
	Grilled Reuben
Deli:	Buffalo Chicken Quesadilla with Jalapeno
Entrée:	Spicy Chicken on Baked Bun ☺

TUESDAY

Soup:	Chicken & White Bean Chili (Mindful) ☺
	Broccoli Cheddar Cheese Soup
Breakfast:	Sausage Gravy & Biscuit
	Grilled Reuben
Deli:	Buffalo Chicken Quesadilla with Jalapeno
Entrée:	Herbed Chicken Breast ☺

WEDNESDAY

Soup:	Chicken & White Bean Chili (Mindful) ☺
	Chicken Noodle Soup (Mindful) ☺
Breakfast:	Sausage Gravy & Biscuit
	Grilled Reuben
Deli:	Buffalo Chicken Quesadilla with Jalapeno
Entrée:	Fried Bone In Chicken Wings

THURSDAY

Soup:	Chicken & White Bean Chili (Mindful) ☺
	Vegetarian Minestrone ☺
Breakfast:	Sausage Gravy & Biscuit
	Grilled Reuben
Deli:	Buffalo Chicken Quesadilla with Jalapeno
Entrée:	Sesame Chicken

FRIDAY

Soup:	New England Style Clam Chowder
Breakfast:	Sausage Gravy & Biscuit
	Grilled Reuben
Deli:	Buffalo Chicken Quesadilla with Jalapeno
Entrée:	Crispy Baked Catfish
	Baked Beans

SATURDAY

SUNDAY