



# Watch for Mindful Menu Solutions...

Look for the  
Well Balanced  
symbol to find your way  
to better nutrition.

*Celebrate American Heritage  
Month!!*

## Hours

Monday - Thursday: 7:30m- 6:00pm  
Friday 7:30m-3:00pm

## Managers

Tom Van Pelt  
292-2513



# MARKETPLACE

Week of Monday October 23

**PIZZA: TACO**

**CALZONE: PEPPERONI LOVERS**

## Monday

Soup:	Old-Fashioned Chicken Noodle Soup	\$2.39
	Spring Pasta Fagioli (Mindful) 🍏	\$2.39
	White Bean Chicken Chili (Mindful) 🍏	\$2.39
Breakfast:	Pumpkin Whole Wheat Pancakes 🍏	\$2.99
Grill @:	Caribbean Jerk Chicken Sandwich 🍏	\$5.09
Brighton Deli:	2 Garden District Tacos (Mindful) 🍏	\$3.09
Brighton Entree:	Baked Stuffed Pork Chop with Gravy	\$6.29
Magellan's:	Baked Ziti with Sausage	\$6.29

## Tuesday

Soup:	Tomato Garden Vegetable Soup with Pasta 🍏	\$2.39
	Turkey Rice Soup (Mindful) 🍏	\$2.39
	White Bean Chicken Chili (Mindful) 🍏	\$2.39
Breakfast:	Pumpkin Whole Wheat Pancakes 🍏	\$2.99
Grill @:	Caribbean Jerk Chicken Sandwich 🍏	\$5.09
Brighton Deli:	Garden District Tacos (Mindful) 🍏	\$3.09
Brighton Entree:	Saus., Pep., Onion Sand. w/ Herb Potatoes 🍏	\$5.29
Magellan's Entree:	Chicken Enchilada Casserole	\$6.29

## Wednesday

Soup:	Hearty Beef Vegetable Soup	\$2.39
	Creamy Tomato Basil Soup 🍏	\$2.39
	White Bean Chicken Chili (Mindful) 🍏	\$2.39
Breakfast:	Pumpkin Whole Wheat Pancakes 🍏	\$2.99
Grill @:	Caribbean Jerk Chicken Sandwich 🍏	\$5.09
Brighton Deli:	Garden District Tacos (Mindful) 🍏	\$3.09
Brighton Entree:	Chicken Cacciatore Quarters w/ Penne	\$6.29
Magellan's:	2 Tacos from the House Taco Bar	\$3.99

## Thursday

Soup:	Turkey Pot Pie Soup	\$2.39
	Creamy Broccoli Cheddar Soup 🍏	\$2.39
	White Bean Chicken Chili (Mindful) 🍏	\$2.39
Breakfast:	Pumpkin Whole Wheat Pancakes 🍏	\$2.99
Grill @:	Caribbean Jerk Chicken Sandwich 🍏	\$5.09
Brighton Deli:	Garden District Tacos (Mindful) 🍏	\$3.09
Brighton Entree:	Artichoke, Spinach Tomato Casserole 🍏	\$6.29
Magellan's:	Salisbury Steak Plate	\$6.29

## Friday

Soup:	Gulf Shrimp & Corn Chowder	\$2.39
	White Bean Chicken Chili (Mindful) 🍏	\$2.39
Brighton Entree:	Beer Battered Haddock Plate	\$6.99
Magellan's:	Beer Battered Haddock Plate	\$6.99