

# 321 CAFÉ

Week of Monday February 12



## 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:	Turkey Chili ☺
	Chicken Tortilla Soup (Mindful) ☺
Breakfast:	French Toast Sticks V ☺
	BBQ Bacon Cheeseburger
Deli:	Spicy Fajita Pizzetta (Mindful) ☺
Entrée:	Italian Sausage, Onion & Peppers

## TUESDAY

Soup:	Turkey Chili ☺
	Vegetarian Garden Vegetable Soup V ☺
Breakfast:	French Toast Sticks V ☺
	BBQ Bacon Cheeseburger
Deli:	Spicy Fajita Pizzetta (Mindful) ☺
Entrée:	BBQ Grilled Chicken & Carolina Slaw ☺

## WEDNESDAY

Soup:	Turkey Chili ☺
	Chicken Corn Chowder (Mindful) ☺
Breakfast:	French Toast Sticks V ☺
	BBQ Bacon Cheeseburger
Deli:	Spicy Fajita Pizzetta (Mindful) ☺
Entrée:	Fried Bone In Chicken Wings

## THURSDAY

Soup:	Turkey Chili ☺
	Cream of Spinach Soup V
Breakfast:	French Toast Sticks V ☺
	BBQ Bacon Cheeseburger
Deli:	Spicy Fajita Pizzetta (Mindful) ☺
Entrée:	Kung Pao Chicken Rice Bowl

## FRIDAY

Soup:	House Chicken & Shrimp Gumbo
Breakfast:	French Toast Sticks V ☺
	BBQ Bacon Cheeseburger
Deli:	Spicy Fajita Pizzetta (Mindful) ☺
Entrée:	Baked Cod with Lemon Butter Sauce
	Fresh Grilled Asparagus VG ☺

## SATURDAY

## SUNDAY