

321 CAFÉ

Week of Monday October 16



Watch for Mindful Menu Selections!

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

*Celebrate American Heritage
Month!!*

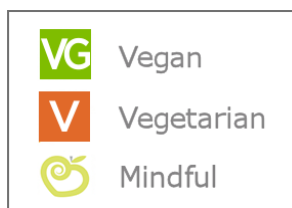
Hours

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:	Split Pea Soup with Ham	\$2.39
	Chili con Carne (Mindful)	\$2.39
Breakfast:	Blueberry Pancake	\$2.99
Grill:	Asian Grilled Skirt Steak Sandwich	\$5.89
Deli:	Spicy Fajita Pizzetta (Mindful)	\$4.29
Entrée:	Bangkok Beef w\ Basmati Rice	\$6.29

TUESDAY

Soup:	Homestyle Chicken and Rice Soup	\$2.39
	Chili con Carne (Mindful)	\$2.39
Breakfast:	Blueberry Pancake	\$2.99
Grill:	Asian Grilled Skirt Steak Sandwich	\$5.89
Deli:	Spicy Fajita Pizzetta (Mindful)	\$4.29
Entrée:	Chicken Broccoli Alfredo Pasta Bowl	\$6.29

WEDNESDAY

Soup:	Creamy Broccoli Cheddar Soup	\$2.39
	Italian Wedding Soup (Mindful)	\$2.39
Breakfast:	Blueberry Pancake	\$2.99
Grill:	Asian Grilled Skirt Steak Sandwich	\$5.89
Deli:	Spicy Fajita Pizzetta (Mindful)	\$4.29
Entrée:	Fully Loaded Pulled Pork Tater Tots	\$6.29

THURSDAY

Soup:	Hearty Beef Vegetable Soup	\$2.39
	Cream of Spinach Soup	\$2.39
Breakfast:	Blueberry Pancake	\$2.99
Grill:	Asian Grilled Skirt Steak Sandwich	\$5.89
Deli:	Spicy Fajita Pizzetta (Mindful)	\$4.29
Entrée:	Buffalo Chicken Wings	\$4.59 \$7.29

FRIDAY

Soup:	Classic New England Clam Chowder	\$2.39
Breakfast:	Blueberry Pancake	\$2.99
Entrée:	Catfish with Black Beans & Corn Relish	\$6.99

PIZZA: MARGHERITA

CALZONE: CHICKEN, BROCCOLI AND MUSHROOM