



Watch for
Mindful

Menu Solutions...

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

*Celebrate American Heritage
Month!!*

MCC Hours

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

Managers

Tom Van Pelt
292-2513



MARKET PLACE/BRIGHTON ROOM

Week of Monday September 4

PIZZA: CHEESEBURGER

CALZONE: ROASTED VEGETABLE

Monday

LABOR DAY

Tuesday

Soup:	Caribbean Carrot & Sweet Potato Soup	\$2.39
	Italian Wedding Soup (Mindful)	\$2.39
	Classic Chili	\$2.39
Breakfast:	Eggs & Veggie Relish on English Muffin	\$3.99
Grill @:	South Philly Chicken on Pretzel Roll	\$5.49
Brighton Deli:	Stuffed Artichoke Wrap	\$5.49
Brighton Entree:	Basil Lemon Chicken Breast & Couscous	\$6.29
Magellan's:	Warm Pasta Salad with Grilled Chicken	\$6.29

Wednesday

Soup:	Chicken Corn Chowder Soup	\$2.39
	Cream of Mushroom with Wild Rice Soup	\$2.39
	Classic Chili	\$2.39
Breakfast:	Eggs & Veggie Relish on English Muffin	\$3.99
Grill @:	South Philly Chicken on Pretzel Roll	\$5.49
Brighton Deli:	Stuffed Artichoke Wrap	\$5.49
Brighton Entree:	Old Fashioned Beef Stew	\$6.29
Magellan's:	Roasted Vegetable Lasagna with Marinara	\$6.29

Thursday

Soup:	Chicken Gumbo (Mindful)	\$2.39
	Cream of Spinach Soup	\$2.19
	Classic Chili	\$2.39
Breakfast:	Eggs & Veggie Relish on English Muffin	\$3.99
Grill @:	South Philly Chicken on Pretzel Roll	\$5.49
Brighton Deli:	Stuffed Artichoke Wrap	\$5.49
Brighton Entree:	Smoky Pulled Pork Sandwich Plate	\$6.29
Magellan's:	Old Fashioned Beef Stew	\$6.29

Friday

Soup:	Gulf Shrimp & Corn Chowder	\$2.39
	Classic Chili	\$2.39
Brighton Entree:	Beer Battered Haddock Plate	\$6.99
Magellan's:	Beer Battered Haddock Plate	\$6.99