



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

	Vegan
	Vegetarian
	Mindful

3-2-1 CAFE

Week of Monday September 4

PIZZA: CHEESEBURGER

CALZONE: ROASTED VEGETABLE

Monday

LABOR DAY

Tuesday

Soup:	Italian Wedding Soup (Mindful)	\$2.39
	Chili con Carne (Mindful)	\$2.39
Breakfast:	Eggs & Veggie Relish on English Muffin	\$3.99
Grill @:	South Philly Chicken on Pretzel Roll	\$5.49
DTC Deli:	Stuffed Artichoke Wrap	\$5.49
ENTREE:	Warm Pasta Salad with Grilled Chicken	\$6.29

Wednesday

Soup:	Chili con Carne (Mindful)	\$2.39
	Cream of Mushroom with Wild Rice Soup	\$2.39
Breakfast:	Eggs & Veggie Relish on English Muffin	\$3.99
Grill @:	South Philly Chicken on Pretzel Roll	\$5.49
DTC Deli:	Stuffed Artichoke Wrap	\$5.49
ENTREE:	Roasted Vegetable Lasagna with Marinara	\$6.29

Thursday

Soup:	Chicken Gumbo (Mindful)	\$2.39
	Chili con Carne (Mindful)	\$2.39
Breakfast:	Eggs & Veggie Relish on English Muffin	\$3.99
Grill @:	South Philly Chicken on Pretzel Roll	\$5.49
DTC Deli:	Stuffed Artichoke Wrap	\$5.49
ENTREE:	OLD FASHIONED STEW	\$6.29

Friday

Soup:	Gulf Shrimp & Corn Chowder	\$2.39
Entree:	Beer Battered Haddock Plate	\$6.99