



3-2-1 CAFE

Week of Monday September 25

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



Monday

- Soup: Old-Fashioned Chicken Noodle Soup
White Bean Chicken Chili (Mindful)
- Breakfast: Mexican Breakfast Bowl
- Grill @: Chicken Caprese Ciabatta Sandwich
- Deli Special: Roast Beef & Ricotta Panini
- Entree: Baked Ziti with Sausage
- Pizza: Taco Pizza
- Calzone: Pepperoni Lover's

Tuesday

- Soup: Tomato Garden Vegetable Soup with Pasta
White Bean Chicken Chili (Mindful)
- Breakfast: Mexican Breakfast Bowl
- Grill @: Chicken Caprese Ciabatta Sandwich
- Deli Special: Roast Beef & Ricotta Panini
- Entree: Chicken Enchilada Casserole
- Pizza: Taco Pizza
- Calzone: Pepperoni Lovers

Wednesday

- Soup: Hearty Beef Vegetable Soup
Creamy Tomato Basil Soup
- Breakfast: Mexican Breakfast Bowl
- Grill @: Chicken Caprese Ciabatta Sandwich
- Deli Special: Roast Beef & Ricotta Panini
- Entree: House Taco Bar
- Pizza: Taco Pizza
- Calzone: Pepperoni Lovers

Thursday

- Soup: Creamy Broccoli Cheddar Soup
Chicken and Dumplings Soup (Mindful)
- Breakfast: Mexican Breakfast Bowl
- Grill @: Chicken Caprese Ciabatta Sandwich
- Deli Special: Roast Beef & Ricotta Panini
- Entree: Salisbury Steak Plate
- Pizza: Taco Pizza
- Calzone: Pepperoni Lovers

Friday

- Soup: Gulf Shrimp & Corn Chowder
- Soup: Chef's Choice
- Breakfast: Mexican Breakfast Bowl
- Entree: Beer Battered Haddock Dinner