

321 CAFÉ

Week of Monday January 29



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:	White Bean Chicken Chili (Mindful) ☺	\$
	Beef Vegetable Soup ☺	\$
Breakfast:	Chocolate Chip Pancakes V	\$
	Monterey Black Bean Burger ☺	\$
Deli:	Meatball Submarine Sandwich	\$
Entrée:	Chicken Fried Steak with Old Bay Gravy	\$

TUESDAY

Soup:	Tomato Basil Soup (Mindful) V ☺	\$
	White Bean Chicken Chili (Mindful) ☺	\$
Breakfast:	Chocolate Chip Pancakes V	\$
	Monterey Black Bean Burger ☺	\$
Deli:	Meatball Submarine Sandwich	\$
Entrée:	House Taco Bar	\$

WEDNESDAY

Soup:	Vegetarian Minestrone V ☺	\$
	White Bean Chicken Chili (Mindful) ☺	\$
Breakfast:	Chocolate Chip Pancakes V	\$
	Monterey Black Bean Burger ☺	\$
Deli:	Meatball Submarine Sandwich	\$
Entrée:	Fried Bone In Chicken Wings	\$

THURSDAY

Soup:	White Bean Chicken Chili (Mindful) ☺	\$
	Loaded Potato Soup	\$
Breakfast:	Chocolate Chip Pancakes V	\$
	Monterey Black Bean Burger ☺	\$
Deli:	Meatball Submarine Sandwich	\$
Entrée:	Barbecue Chicken	\$

FRIDAY

Soup:	Gulf Shrimp & Corn Chowder	\$
Breakfast:	Chocolate Chip Pancakes V	\$
	Monterey Black Bean Burger ☺	\$
Deli:	Meatball Submarine Sandwich	\$
Entrée:	Haddock Fillets, Raw, 4-6 oz ☺	\$
	Broccoli Cuts ☺	\$

SATURDAY

SUNDAY