



# Watch for Mindful Menu Solutions...

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

## Hours

Monday-Sunday  
 Breakfast: 6:30am-10:30am  
 Lunch: 11:00am-5:00pm  
 Dinner: 5:30pm-6:30pm

## Managers

General Manager: Warren Bates  
 Operations Manager:  
 Ronnie Wilmoth  
 Soup Prices:

Soup \$1.99/\$2.49  
 Dine In or Carry Out  
 Whole Pizza Available \$12.99  
 (with a notice)

Vegan Vegetarian Mindful



## HCMH Café/ Week 1

### Monday

Entrees:	Baked Ziti with meat sauce /NO Vegetables	\$3.39
	Baked stuffed pepperoni chicken breast	\$3.69
Sides:	Mashed Potatoes   / Cut Green Beans	\$1.09
	Shoestring Fries	\$1.29
	Fresh Garlic Toast	
	\$.79	
Grill:	Crab Cake Sandwich	\$2.99
Pizza:	Pizza By The Slice	

### Tuesday

Entree:	Beef Taco Salad/ fajita Chicken or Beef	\$4.49
Sides:	Refried Beans   /	\$1.09
	Mexican Rice	\$1.09
	Wedge Cut Fries \$1.29/nacho cheese	\$1.49
Grill:	Crispy Chicken Filet	\$3.29
Pizza:	Pizza By The Slice	
	\$1.99	

### Wednesday

Entree:	Salisbury Steak w/Gravy	\$3.19
	Fire Roasted Chicken & Tomatoes	\$3.39
Sides:	Crowder Peas	\$1.09
	Redskin Mashed Potatoes/ Macaroni & Cheese	\$1.09
	Broccoli Florets \$1.19 / yeast roll	\$.79
Grill:	Pulled BBQ Sandwich	
	\$3.19	
Pizza:	Pizza By The Slice	

### Thursday

Entree:	Montreal Strip Loin	\$3.49
	Cajun Pecan Chicken Breast	
	\$3.39	
Sides:	Wild Rice with Mushrooms & Almonds	\$1.09
	Baby Carrots   /stewed cabbage	\$1.09
	Au Gratin Potatoes/ Pinto Beans w/Ham	\$1.09
	Sweet potato fries \$1.29/ Corn Bread	\$.79
Grill:	Grilled Cheese Sandwich \$1.79/ Tomato Soup	12oz/16oz
Pizza:	Pizza By The Slice	

### Friday

Entree:	Meatloaf	\$3.39
	Fried Flounder	
	\$3.39	
Sides:	Mashed Potatoes	\$1.09
	Green Peas   /fried Squash	\$1.09
	Wedge Cut Fries/Hush Puppies	\$1.29
Grill:	Grilled Honey Mustard Chicken Sandwich	\$3.59
Pizza:	Pizza By The Slice	

### Saturday

Entree:	Homestyle BBQ Chicken Breast	\$3.39
	Tater Tots	\$1.29
	Corn on the Cob  /Stewed Cabbage & Onion	\$1.09
	Hot Dog w/ Chili	
Grill:		
	\$2.49	
Soup:	Soup of the day (Chef choice)	12oz/16oz

### Sunday

Entree:	Farmer's Pot Roast with Veggies	\$3.59
	Broccoli & Cauliflower   /Scalloped Potatoes	\$1.09
	Shoestring fries	\$1.29
Soup:	Soup of the day (Chef choice)	12oz/16oz
Pizza:	Pizza By The Slice	
	\$1.99	