



Week of February 11, 2019
week 5

Mindful.sodexo.com
Menu available at ajh.org

Before placing your order, please inform your server if a person in your party has a food allergy.

GF

Gluten Free menu items are available by special order. The GF menu is posted on the café menu board as you enter the main door of the café. Special ordered GF menu items will take several minutes to prepare.

This Week's Grab & Go Salad
Buffalo Chicken Salad

Breakfast Specials
Tuesday
Roasted Tomato Omelet
w/Baby Spinach & Feta
Thursday
Broccoli Cheddar Omelet
w/Peppers & Onions

Vegan Vegetarian Mindful




Breakfast: Cinnamon Twists	M
Soup: Potato & Corn Chowder	
Entrée: Seafood Platter	
Entrée: Pork Schnitzel with Sauce	
Sides: Green Beans w/Tomato & Onions, Buttered Pasta	
Grill: Grilled Chicken w/Lettuce & Tomato on a Roll	
Grab & Go: Egg Salad on White	

Soup: Minestrone	T
Entrée: Stuffed Chicken (bread stuffing) with Gravy	
Entrée: Brown Rice & Vegetable Stuffed Pepper	
Sides: Broccoli, Mashed Potato	
Grill: Tuna Melt	
Grab & Go: Spicy Italian Sub	

Breakfast: Waffles	W
Soup: Chicken Noodle	
Pasta Bar: Choose your pasta and your toppings: meatballs, sausage, chicken, vegetables, and three sauces	
Entrée: Italian Sub by the Inch	
Grill: Meatball Sub	
Grab & Go: Beef Swiss Pub Wrap	

Soup: Garden Vegetable	Th
Entrée: Flank Steak w/Wild Mushroom Demi	
Entrée: Chicken Breast with BBQ Sauce	
Sides: Corn, Sweet Potato Fries, Fried Mush	
Special: Crispy Chicken Wrap	
Grab & Go: Ham & Cheese on White	



Soup: Seafood Chowder	F
Entrée: Baked Haddock	
Entrée: Mustard Crusted Chicken	
Sides: Brussels Sprouts w/Bacon, Rice Pilaf, Tater Tots	
Pizza: Assorted Pizza <i>made in house</i>	
Grab & Go: Turkey and Cheese on White	

Soup: Soup of the Day	Sa
Entrée: Macaroni & Cheese	
Special: Crispy Chicken Wrap	
Sides: Capri Mixed Vegetable	
Grill: Pizza, Hamburgers, Cheeseburgers, French Fries	

Soup: Soup of the Day	Su
Entrée: Chicken Broccoli Ziti	
Special: Shaved Steak Sub	
Sides: Carrots, Onion Rings, Cheese Bread Stick	
Grill: Pizza, Hamburgers, Cheeseburgers, French Fries	