



Week of March 18, 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 Soup: Potato & Corn Chowder Entrée: Corned Beef & Cabbage Entrée: Pork Schnitzel with Sauce Sides: Carrots, Turnips, Boiled Potatoes Grill: Grilled Chicken w/Lettuce & Tomato on a Roll Grab & Go: Egg Salad on White	M
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Soup: Minestrone Entrée: Stuffed Chicken (bread stuffing) with Gravy Entrée: Vegetable Chili Sides: Broccoli, Mashed Potato Special: Steak & Cheese Sub Grab & Go: Spicy Italian Sub	T
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Breakfast: <i>Pear-Berry Breakfast Crisp (National Nutrition Month Special)</i> Soup: <i>Creamy Broccoli (National Nutrition Month Special)</i> 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	W
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Soup: Garden Vegetable Entrée: Flank Steak w/Wild Mushroom Demi Entrée: Pineapple Curry Chicken NEW Sides: Corn, Fried Mushrooms, Rice, Mashed Potato Special: Tahitian Vanilla Ice Cream Brownie Sundae NEW Grab & Go: Ham & Cheese on White	Th
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Soup: Seafood Chowder Entrée: Baked Haddock Entrée: Beef Enchiliadas NEW Sides: Balsamic Brussels Sprouts, Rice Pilaf Grill: Tuna Melt Grab & Go: Turkey and Cheese on White	F
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Soup: Soup of the Day Entrée: Macaroni & Cheese Special: Crispy Chicken Wrap Sides: Capri Mixed Vegetable Grill: Pizza, Hamburgers, Cheeseburgers, French Fries	Sa
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Soup: Soup of the Day Entrée: Chicken Broccoli Ziti Special: Blackened Chicken Quesadilla w/Pico de Gallo Sides: Carrots, Sweet Potato Fries Grill: Pizza, Hamburgers, Cheeseburgers, French Fries	Su
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