



Week of December 3, 2018  
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: Cheese Manicotti Entrée: Marinated Steak Tips Sides: Green Beans w/Tomato & Onions, Potato Wedges Grill:  Grilled Chicken w/Lettuce & Tomato on a Roll Grab & Go: Egg Salad on White	<b>M</b>
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Soup: Minestrone Entrée: Chicken Cordon Blue Entrée:  Brown Rice & Vegetable Stuffed Pepper Sides: Broccoli, Garlic Mashed Potato Grill: Tuna Melt Grab & Go: Spicy Italian Sub	<b>T</b>
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Breakfast: Pumpkin Pancakes Soup: Chicken Noodle <b>Pasta Bar:</b> 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	<b>W</b>
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Soup: Garden Vegetable Entrée: Flank Steak with Wild Mushroom Demi Glace Entrée: Chicken Breast with BBQ Sauce Sides: Corn, Sweet Potato Fries, Fried Mushrooms Grill:  Grilled Cheese Grab & Go: Ham & Cheese on White	<b>Th</b>
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Soup: Seafood Chowder 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	<b>F</b>
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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	<b>Sa</b>
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Soup: Soup of the Day Entrée:  Chicken Broccoli Ziti Special: Shaved Steak Sub Sides: Carrots, Onion Rings, Cheese Bread Stick Grill: Pizza, Hamburgers, Cheeseburgers, French Fries	<b>Su</b>
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