



## Watch for Mindful Menu Selections...

Look for the  
Wellness and You  
symbol to find your way  
to better nutrition..

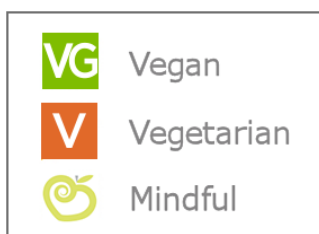
*Celebrate American Heritage  
Month!!*

### Hours

Breakfast 6:30 am - 10:00 am  
Closed 10:00 am - 11:00 am  
Lunch 11:00 am - 2:00 pm  
Grill/Pizza 2:00pm- 4:30 pm  
Dinner 4:30 pm - 7:00 pm  
Grill/Pizza 7:00 pm - 11:00 pm  
Closed 11:00 pm - Midnight  
Late Night 12:00 am - 2:00 am

### Managers

Joel Barnette/General Manager  
469-5139  
Victoria Berube/Patient Services  
469-7240  
Pam Molett/Clinical Nutrition  
434-4508  
Russ Beekman/Retail Manager  
469-7296  
Lisa Rivera/Chef Manager  
469-5163  
Deb Carter/Retail Supervisor  
469-7049  
Ray Carrasco/Retail Supervisor  
434-4800  
Tim Minor/Kitchen Supervisor  
469-2364  
Saqlain Javed/Patient Supervisor  
469-7992



# BAPTIST BISTRO CAFE

Week of Monday January 14

## Monday

Soup:	Broccoli Cheddar Cheese Soup	1.69
	Garden Veggie Soup <b>V</b>	1.69
Entree:	Chicken Fajitas	3.49
	Shrimp Tortellini Alfredo Pasta	3.99
Side Dish:	Mexican Rice <b>VG</b>	1.09
	Fajita Peppers & Onions <b>VG</b>	1.09
	Roasted Garlic & Herb Mashed Potatoes	1.09
	Spinach & Carmelized Shallots <b>VG</b>	1.09
Action Station:	Wings & Things Bar	6.29

## Tuesday

Soup:	Thick & Zesty Chili	1.69
	Potato Bacon Soup	
Entree:	Mesquite Roast Pork Loin	3.39
	Sauteed Chicken Marsala	3.29
Side Dish:	Whipped Red Potatoes <b>V</b>	1.09
	Green Beans with Red Pepper & Garlic <b>VG</b>	1.09
	Tex Mex Veggies <b>VG</b>	1.09
	Brown Rice Pilaf <b>V</b>	1.09
Action Station:	Beef or Chicken Taco Salad	5.59

## Wednesday

Soup:	Lima Bean Soup	1.69
	Bacon Corn Chowder	1.69
Entree:	Herb Baked Chicken	3.29
	Extra Crispy Fried Chicken	3.29
	Beef Meatloaf	3.29
Side Dish:	Four Cheese Creamy Mac & Cheese <b>V</b>	1.09
	Black Eyed Peas	1.09
	Baby Carrots <b>VG</b>	1.09
	Corn on Cob <b>VG</b>	1.09

## Thursday

Soup:	Chunky Beef Noodle Soup	1.69
	Cheeseburger Chowder	1.69
Entree:	Chicken Pot Pie	3.29
	Chicken Fried Steak with Cream Gravy	3.29
Side Dish:	Low Fat Garlic Mashed Potatoes <b>V</b>	1.09
	Sautéed Summer Squash with Tomato <b>VG</b>	1.09
	Broccoli & Cauliflower <b>VG</b>	1.09
	Country Fried Potatoes <b>V</b>	1.09
Action Station:	Beef Lo Mein	4.99

## Friday

Soup:	Lighthouse Clam Chowder	1.69
	Mama's Kitchen Soup	1.69
Entree:	Fried Catfish Fillet	4.29
	Crispy Baked Catfish	4.29
	Braised Beef Goulash	3.99
Side Dish:	Bacon Cheese Grits	1.09
	Smoky Lima Beans with Bacon	1.09
	Egg Noodles <b>V</b>	1.09
	Grilled Zucchini <b>V</b>	1.09

## Saturday

Soup:	Chicken & White Bean Chili (Mindful)	1.69
Entree:	Pasta Bolognese	3.99
	Four Cheese Creamy Mac & Cheese <b>V</b>	3.29
Side Dish:	California Mixed Vegetables <b>VG</b>	1.09
	Garlic Breadstick <b>V</b>	.59

## Sunday

Soup:	Split Pea & Sausage Soup (Mindful)	1.69
Entree:	Fried Chicken	3.29
	Herb Baked Chicken	3.29
Side Dish:	French Fried Breaded Okra	1.09
	Baked Potato <b>VG</b>	1.09