



Watch for
"In Season"

Menu Solutions...
to promote freshness and
eating healthy!!

For Wellness & You information, please go
to:<http://wellness-and-you.com>
The nutrition calculator tool is especially
helpful for tracking calories and fat grams
for menu selections at work or home!!

Hours

Monday - Friday
7:00 am - 3:30 pm

Saturday - Sunday
8:00 am - 10:30 am
11:00 am - 2:00pm

General Manager
Jeff Martin 6109

Production Manager
DeAnna Penick 6328

Retail Supervisor
Stacey Mader 6013



Fresh Inspirations Cafe

May 14 - 21, 2012

Monday Go Meatless

Soup: Baked Potato Soup
Entree: Marinated London Broil
Sesame Chicken with Broccoli 🍌
Grill: Grilled Portabello Mushroom & Provolone Sandwich
Black Bean Burger 🌱
Exhibition: Create Your Own Omelet

Tuesday

Soup: Broccoli Cheese Soup
Entree: "In Season" Meatloaf
Spring Herb Dijon Pork Tenderloin 🍌
Grill: Grilled Chicken Parmesan Sandwich 🍌
Exhibition: Asian Chicken Wrap 🍌
Pizza: Philly Chicken Pazzini

Wednesday

Soup: Turkey Noodle Soup 🍌
Entree: Crispy Baked Tilapia 🍌
Teriyaki Chicken Breast 🍌
Grill: Grilled Chicken Parmesan Sandwich 🍌
Exhibition: Southwest Flank Steak Salad 🍌
Pizza: Meat Lover's Pizza

Thursday

Soup: "In Season" Chicken Ginseng Soup 🍌
Entree: Chicken Florentine Pasta Casserole 🍌
Beef Stew in Bread Boule
French Fried Mozzarella Sticks
Grill: Grilled Cheese & Tomato on White Bread 🌱
Exhibition: Shanghai Noodles

Friday

Soup: Vegetarian Lentil Soup 🌱🍌
Entree: "In Season" Asian Flank Steak
Fried Catfish Fillet
Grill: Grilled Cheese & Tomato on White Bread 🌱
Exhibition: Buffalo Chicken Slider
Pizza: Meat Lover's Pizza

Saturday

Soup: Navy Bean Soup 🍌
Entree: Baked Ziti with Vegetables 🍌
Breadsticks 🌱
Fresh Broccoli Florets 🌱🍌
Grill: BBQ Pulled Pork Sandwich

Sunday

Soup: Thick & Zesty Chili
Entree: Stuffed Chicken Breast
Yukon Smashed Potatoes 🌱
Green Beans 🌱🍌