



Watch for Mindful Menu Solutions...

...good food that tastes great
is your reason for
eating healthy!

Mindful entrées & salad recipes
were developed by our regional
and national chefs and dietitians.

Hours

Monday - Friday

Hot Breakfast: 7:00am - 9:00am
Coffee and Snacks: 9:00am - 10:30am

Lunch: 11:00am - 2:00 pm
Snacks: 2:00pm - 3:30 pm

Dinner: 4:30pm - 6:30 pm

Saturday - Sunday

Lunch: 11:00am - 1:30pm

Managers

General Manager
Jason Bell x56409

Executive Chef
Gerry Grim x56295



UH RICHMOND MEDICAL CENTER - CAFETERIA

Week of Monday May 6

Monday

Soup:	Roasted Garden Vegetable Soup (V) (M)	1.49
	Broccoli Cheese Soup	1.49
Entree:	Baked Herbed Pork Chop	3.69
	Baja Baked Enchilada (V)	2.49
Grill:	Grilled Cheese & Tomato on Wheat (V)	2.29

Tuesday

Soup:	Thick & Zesty Chili	1.49
	Chicken & Dumplings Soup	1.49
Entree:	Savory Rotisserie-Style Chicken	3.89
	Beef Ragu over Farfalle (M)	3.79
Grill:	Chicken BBQ & Red Onion Panini (M)	4.39

Wednesday

Soup:	Homestyle Chicken Noodle Soup (M)	1.49
	Napa Valley Tomato Soup (V)	1.49
Entree:	Panko Crusted Cod (M)	4.29
	Creamy Macaroni & Cheese	2.49
Grill:	Cajun Turkey Pizzetta (M)	3.59

Thursday

Soup:	Chicken & Sausage Gumbo	1.49
	Garden Vegetable Soup (V) (M)	1.49
Entree:	Vegetable Lo Mein	3.39
	Roasted Turkey Breast (M)	2.99
Grill:	Honey BBQ Chicken Sandwich (M)	4.39
Action Station:	Blackened Chicken & Vegetable Salad	5.49

Friday

Soup:	Tomato Florentine (V) (M)	1.49
	New England Style Clam Chowder	1.49
Entree:	Baked Chicken Parmesan	3.39
	Tilapia Florentine (M)	4.29
	Chicken Parmesan, Veggies & Spaghetti (M)	5.19
Grill:	Grilled Reuben Sandwich	3.99

Saturday

Soup:	Beef Noodle Soup (M)	1.49
Entree:	Herb Crunch Chicken Breast (M)	3.89
Side Dish:	Fresh Broccoli Florets (VG) (M)	1.09
	Roasted Red Bliss Potatoes (VG) (M)	.89

Sunday

Soup:	Chicken Rice Soup (M)	1.49
Entree:	Chicken Alfredo (M)	3.19
Side Dish:	Corn (VG) (M)	.89