FRESH INSPIRATIONS **CAFETERIA**

WEEK OF MONDAY MAY 6

O'NO POKE BOWL AT MINDFUL

Citrus Glazed Salmon, Huli Huli Chicken, Ponzu Tofu

CAFE HOURS

BREAKFAST MON - SUN - 6:30AM - 10AM LUNCH MON - SUN - 11AM- 4PM LATE NIGHT - MON - SUN 6 PM - 1:30 AM

MANAGERS

Casey Hogge 336-713-3048 cjhogge@wakehealth.edu



Wellness



Plant Based

Vegetarian

Before placing your order, please inform your server if you have a food allergy

MONDAY

SOUPS Chunky Beef Noodle

Brazilian Shrimp

©VG Garden Vegetable

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DAILY FEATURE Pork Cutlet Schnitzel

Grilled Bratwurst with Sauerkraut

٧ Egg Noodles

VG Crispy Garlic Potato Wedges **OS** VG

Steamed Broccoli and Cauliflower

MINDFUL STATION Salmon, Chicken, Tofu

<u>©</u> Monday - Friday

TUESDAY

SOUPS Ham and Collard Green

> © V Vegetarian Lentil

> © V Creamy Tomato Basil

ACTION STATION Taco Bar

WEDNESDAY

SOUPS Pasta e Fagioli

Spanish Chorizo & Potato

Hot & Sour Thai Soup with Shrimp

Thai Green Curry Shrimp **DAILY FEATURE**

Chicken Pad Thai

V Pad Thai with Tofu **OS** VG Jasmine Rice

Fresh Summer Veggjes © V Green Papaya Salad V Fried Spring Rolls

THURSDAY

SOUPS Turkey Noodle

Louisiana Chicken & Andouille Gumbo

Creamy Garden Vegetable

V ACTION STATION Cheese Tortellini & Broccoli & Alfredo

> Baked Spaghetti with Meatballs Creamy Chicken Pesto Pasta

Rajun Cajun Pasta

OS VG Tossed Garden Side Salad

FRIDAY

SOUPS Chicken Pot Pie Soup

Broccoli Cheddar Cheese

Mexican Meatball Soup

DAILY FEATURE Braised Pot Roast

> <u>©</u> **Greek Marinated Chicken Breast**

> V Broccoli with Garlic & Lemon

Fresh Roasted Balsamic Brussels Sprouts Old-Fashioned Macaroni and Cheese

<u></u> **Baked Potatoes**