### MONDAY

**SOUPS**
- Creamy Broccoli and Cheddar
- Chicken Tortilla
- Beef & Country Vegetable

**SPECIALTY BAR**
- Wing Bar

**MINDFUL STATION**
- Oodles (Chicken, Shrimp, Tofu)
  - Monday - Friday

### TUESDAY

**SOUPS**
- Chicken Noodle
- Tom Yum Soup
- Loaded Baked Potato

**ACTON STATION**
- NOLA
  - Steamed Shrimp, Sausage, Chicken

### WEDNESDAY

**SOUPS**
- Cream of Tomato
- Homestyle Chicken and Rice
- Black Bean Stew

**DAILY FEATURE**
- Beef Stew
- Buttermilk Fried Chicken Breast
- Cheddar Mashed Potato
- Green Bean Casserole
- White Rice
- Sauteed Spinach
- Roasted Tomatoes

### THURSDAY

**SOUPS**
- American Bounty Vegetable
- Cajun Beef & Vegetable
- BBQ Chicken Soup

**ACTON STATION**
- NOLA
  - Baked Cajun Catfish, Chicken, Shrimp

### FRIDAY

**SOUPS**
- Manhattan Clam Chowder
- Buffalo Chicken Soup
- Cuban Black Bean Soup

**DAILY FEATURE**
- Golden Fried Swai
- Fried Popcorn Shrimp
- Pepper & Cumin Tilapia
- White Rice
- Fried Okra
- Crinkle Cut French Fries
- Hush Puppies
- Creamy Coleslaw

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**CAFETERIA**

**WEEK OF MONDAY OCTOBER 23**

**HAPPY HALLOWEEN!**

Join us 10/31 for a spooky meal line up!

**CAFE HOURS**

**BREAKFAST**
- MON - SUN - 6:30AM - 10AM

**LUNCH**
- MON - SUN - 11AM- 4PM

**MANAGERS**

Casey Hogge
- 336-713-3046
- cjhogge@wakehealth.edu

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FRESH INSPIRATIONS

Look for the **MINDFUL** symbol to find your way to better nutrition!
Learn more at mindful.sodexo.com

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