### FRESH INSPIRATIONS

**CAFETERIA**

Look for the **MINDFUL** symbol to find your way to better nutrition!

[Learn more at mindful.sodexo.com](http://www.mindful.sodexo.com)

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## WEEK OF MONDAY OCTOBER 16

### FRIDAY 10/20

National BBQ Day!

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### CAFE HOURS

**BREAKFAST**

MON - SUN - 6:30AM - 10AM

**LUNCH**

MON - SUN - 11AM - 4PM

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### MANAGERS

Casey Hogge

336-713-3046

cjhogge@wakehealth.edu

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<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td><strong>SOUPS</strong>&lt;br&gt;White Bean, Cabbage &amp; Sausage Soup&lt;br&gt;Creamy Broccoli and Cheddar&lt;br&gt;Beef, Garden Vegetable &amp; Orzo</td>
<td><strong>SOUPS</strong>&lt;br&gt;Chicken Vegetable Orzo&lt;br&gt;Tomato Basil Bisque&lt;br&gt;French Onion Soup</td>
<td><strong>SOUPS</strong>&lt;br&gt;Baked Potato &amp; Chicken Chowder&lt;br&gt;Smoked Ham, Cabbage &amp; Potato&lt;br&gt;Chili con Carne</td>
<td><strong>SOUPS</strong>&lt;br&gt;Chicken Vegetable Orzo&lt;br&gt;Loaded Baked Potato Chowder&lt;br&gt;Root Vegetable Soup</td>
<td><strong>SOUPS</strong>&lt;br&gt;Manhattan Clam Chowder&lt;br&gt;Pasta Fagioli Soup&lt;br&gt;Chicken and Corn Chowder</td>
</tr>
<tr>
<td><strong>SPECIALTY BAR</strong>&lt;br&gt;Mac &amp; Cheese Station</td>
<td><strong>ACTON STATION</strong>&lt;br&gt;Bao @ Entree</td>
<td><strong>DAILY FEATURE</strong>&lt;br&gt;Herb Roasted Turkey Breast&lt;br&gt;Memphis BBQ Ribs&lt;br&gt;Sweet Potato Casserole&lt;br&gt;Creamy Macaroni &amp; Cheese&lt;br&gt;Broccoli, Cauliflower &amp; Carrots&lt;br&gt;Fresh Green Beans</td>
<td><strong>ACTON STATION</strong>&lt;br&gt;Bao @ Entree</td>
<td><strong>DAILY FEATURE</strong>&lt;br&gt;National BBQ Day!!!&lt;br&gt;Pulled BBQ Pork, Beef Brisket&lt;br&gt;Smoked Baby Back Ribs&lt;br&gt;Collard Greens with Ham&lt;br&gt;Macaroni and Cheese&lt;br&gt;BBQ Baked Beans&lt;br&gt;Baked Potato&lt;br&gt;BBQ Cole Slaw</td>
</tr>
</tbody>
</table>

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### Well-being

- Wellness 🌿
- Plant Based 🌿
- Vegan 🌿
- Vegetarian 🌿

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

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