

FRESH INSPIRATIONS CAFETERIA

WEEK OF MONDAY MAY 13

RAMEN BOWL AT MINDFUL

Char Sui Pork, Chicken Char Sui, Tofu Char Sui

INDIAN THEMED MENU MAY 15TH

Chicken Vindaloo, Tandoori Chicken, Saag 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



Vegan



Vegetarian

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

MONDAY

SOUPS

Creamy Broccoli and Cheddar

Beef, Garden Vegetable & Orzo Soup

Baked Potato & Chicken Chowder

DAILY FEATURE

Bacon Wrapped Meatloaf

Salmon Cake

Country Mashed Potatoes

Broccoli with Garlic & Lime

Maple Glazed Carrots

MINDFUL STATION

Ramen Station (Pork, Chicken, Tofu)

Monday - Friday



TUESDAY

SOUPS

Chicken Vegetable Orzo

Tomato Basil Bisque

Cheeseburger Chowder

SPECIALTY BAR

Mac & Cheese Bar

WEDNESDAY

SOUPS

Chili con Carne

Roasted Summer Vegetable

Curry Lentil Soup

DAILY FEATURE

Chicken Vindaloo

Roasted Tandoori Chicken

Saag Tofu

Spiced Pulao Rice

Indian Potatoes, Peas & Cauliflower

Naan Bread

Tomato Cucumber Salad (Kachoombar)

Indian Spiced Yogurt Dressing

THURSDAY

SOUPS

Cream of Mushroom

Cajun Beef & Vegetable

Medi Seafood & Orzo

DAILY FEATURE

Shredded BBQ Chicken

Pulled BBQ Pork

Southern BBQ Green Beans

Tater Tots

Macaroni and Cheese

Baked Beans

Classic Carolina Cole Slaw

FRIDAY

SOUPS

Manhattan Clam Chowder

Chicken and Corn Chowder

Classic French Onion

DAILY FEATURE

Braised Pot Roast

Chipotle Chicken Thighs

Baked Black Eyed Peas

Mashed Potatoes

Braised Kale

Classic Grilled Corn on the Cob