

**FRESH INSPIRATIONS
CAFETERIA**



WEEK OF MONDAY MAY 20

**OODLES OF NOODLES AT
MINDFUL!**

Korean Grilled Chicken, Shrimp, Tofu

MIDDLE EASTERN MEAL 05/22

Biryani Chicken, Lamb Kabobs

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

Chicken Tortilla

Beef & Country Vegetable

SPECIALTY BAR

Quiche Bar

W/ Choice of Fries OR a Salad

MINDFUL STATION

Oodles of Noodles

Monday - Friday

TUESDAY

SOUPS

Chicken Noodle

Loaded Baked Potato

American Bounty Vegetable

SPECIALTY BAR

Wing Bar

WEDNESDAY

SOUPS

Cream of Tomato

Homestyle Chicken and Rice

Autumn Vegetable

ACTION STATION

Middle Eastern Themed Meal

Lamb Kebabs, Biryani Chicken

Baghali Polo

Simply Roasted Turnips

Roasted Za'atar Zucchini

Falafel Fritter

Orzo with Spinach and Feta Salad

New York-Style Pita Folds

Mediterranean Yogurt Sauce

THURSDAY

SOUPS

Cajun Beef & Vegetable

BBQ Chicken

Garden Vegetable

ACTION STATION

NOLA \$7.89

Cheese Grits / Grits

Steamed Shrimp

Baked Cajun Catfish

Andouille Sausage

Sauteed Peppers and Onions

Braised Collard Greens (EXTRA CHARGE \$2.09)

Fresh Green Onions

Shredded Cheddar Cheese

FRIDAY

SOUPS

Cuban Black Bean

Classic New England Clam Chowder

Chicken Barley

DAILY FEATURE

Golden Fried Swai

Fried Popcorn Shrimp

Pepper & Cumin Tilapia

White Rice

Fried Okra

Creamy Coleslaw

Green Peas