



## Weekly Menu

July 17<sup>th</sup> – July 23<sup>rd</sup>

[Monday](#)

[Tuesday](#)

[Wednesday](#)

[Thursday](#)

[Friday](#)

[Saturday](#)

[Sunday](#)

For Patients – Mindful, Grill Special, and Deli are available for lunch only.

**Orbits Café Hours:**  
**Breakfast 6am to 10am; Lunch 11am to 2pm; Dinner 4pm to 8pm**

# **Monday**

## **Market**

Roast Beef & Gravy  
Chicken & Dumplings  
Mashed Potatoes  
Beef Gravy  
Green Beans  
Sliced Carrots  
Steamed Broccoli & Cauliflower  
Plain Baked Potatoes

## **Pizza**

Cheese  
Pepperoni  
Pesto Chicken

## **Mindful**

Hawaiian Chicken Breast Salad

## **Fruit Station**

Minty Cucumber Salad  
Marinated Summer Salad  
Fresh Fruit Salad

## **Action Station\***

Southwest Flank Steak Salad

## **Deli**

Zesty Italian Roasted Vegetable Sandwich

## **Grill**

Honey Ham & Cheese Chicken Sandwich

## **Soup**

Orzo and Meatball Soup  
Turkey Noodle Soup  
Cheese Drop Biscuit

\*Action Station and Pizza Not Available for Patients on Cafeteria Menu

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# **Tuesday**

## **Market**

Spaghetti Noodles with Beef Meat Sauce  
Spaghetti Noodles with Marinara Sauce  
Seasoned Alaskan Sole  
Mashed Potatoes  
Beef Gravy  
Bread Sticks  
Broccoli  
Edamame Succotash  
Zucchini

## **Pizza**

Cheese  
Pepperoni  
Loaded Nacho

## **Mindful**

Meat Lasagna

## **Fruit Station**

Sugar Snap Peas w/ Lime Dressing  
Marinated Roasted Mushrooms  
Fresh Fruit Salad

## **Action Station\***

Asian Chicken Wrap

## **Deli**

Classic Chef Jazz Salad Wrap

## **Grill**

Salmon Burger

## **Soup**

Chicken Noodle Soup  
Thick and Zesty Beef Chili  
Southwest Buttermilk Biscuit

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# **Wednesday**

## **Market**

Parmesan Crusted Tilapia  
Chicken Fried Steak  
Mashed Potatoes  
Chicken Gravy  
Roasted Corn  
Baked Sweet Potato  
Sliced Carrots  
Peas

## **Pizza**

Cheese  
Pepperoni  
Italian Meat Lovers

## **Mindful**

Ancho-Lime Chicken Baja Salad

## **Fruit Station**

Mediterranean Bean Salad  
Tomato & Cucumber w/ Sour Cream  
Fresh Fruit Salad

## **Action Station\***

Creamy Chipotle Chicken with Pasta

## **Deli**

Cape Coder Turkey Sandwich

## **Grill**

Crab Cake Sandwich

## **Soup**

Chicken and Dumpling Soup  
Garden Vegetable Soup  
Blue Cheese and Walnut Biscuit

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# **Thursday**

## **Market**

Stuffed Green Peppers  
Italian Chicken Breast  
Tortellini with Broccoli & Red Peppers  
Capri Vegetables  
Rice Pilaf  
Green Beans  
Broccoli

## **Pizza**

Cheese  
Pepperoni  
Chipotle Chicken Ranch

## **Mindful**

Cuban Pork Sandwich

## **Fruit Station**

Country Vegetable Salad  
Italian Pasta Salad  
Fresh Fruit Salad

## **Action Station\***

Vegetable Fajitas with Rice

## **Deli**

Roast Beef Sandwich with Cheddar

## **Grill**

Grilled Turkey Melt on Sourdough

## **Soup**

Minestrone  
Lentil Soup  
Roasted Vegetable Biscuit

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# **Friday**

## **Market**

Roast Pork Loin  
W/ Brown Gravy  
Citrus Herb Salmon  
Macaroni & Cheese  
Broccoli and Rice Casserole  
Collard Greens  
Green Beans  
Corn Bread

## **Pizza**

Cheese  
Pepperoni  
Veggie

## **Mindful**

Chicken, Pasta & Asparagus with Red Pepper Marinara

## **Fruit Station**

Tortellini Antipasti Salad  
Minty Cucumber Salad  
Fresh Fruit Salad

## **Action Station\***

Stir Fry Chicken

## **Deli**

Santa Fe Chicken Sandwich

## **Grill**

Southwestern Patty Melt

## **Soup**

Chicken and Sausage Gumbo  
Minestrone  
Cheese Biscuit

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# **Saturday**

## **Market**

Four Cheese Baked Ziti  
BBQ Pulled Pork  
Hoagie Buns  
Steak Cut French Fries  
Broccoli  
Green Beans

## **Pizza**

Cheese  
Pepperoni

## **Mindful**

Station is Closed

## **Fruit Station**

Fresh Fruit Salad

## **Action Station**

Station is Closed

## **Deli**

Roast Beef Sandwich with Cheddar

## **Grill**

Roasted Beef Panini

## **Soup**

Vegetable Beef Soup  
Breadstick

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# **Sunday**

## **Market**

Grilled Balsamic Flank Steak  
Stuffed Chicken Breast  
Yukon Gold Mashed Potatoes  
Brown Gravy  
Wild Rice  
Carrots  
Green Beans

## **Pizza**

Cheese  
Pepperoni

## **Mindful**

Station is Closed

## **Fruit Station**

Fresh Fruit Salad

## **Action Station**

Station is Closed

## **Deli**

Peppered Turkey with Guacamole & Tomato

## **Grill**

Roasted Beef Panini

## **Soup**

Italian Wedding Soup  
Biscuit

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