



## Weekly Menu

April 16<sup>th</sup> thru April 22<sup>nd</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**

Balsamic Beef Flank Steak  
Rotisserie Chicken Breast  
Mashed Potatoes  
Au gratin Potatoes  
Roasted Vegetables in Vinaigrette  
Roasted Corn  
Carrots

## **Pizza**

Chicken Fajita Pizza  
Cheese Pizza  
Pepperoni Pizza

## **Mindful**

Vegetable Italian Ratatouille

## **Fruit Station**

Turkey Rice Salad  
Sugar Snap Pea Salad  
Fresh Fruit Salad

## **Action Station**

Cajun Spiced Shrimp Jazz Salad

## **Deli**

Turkey, Ham & Swiss Sub

## **Grill**

Honey Ham & Cheese Chicken Sandwich

## **Soup**

Vegetable Beef Soup  
Broccoli and Cheese Soup  
Corn Muffin Mix

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# **Tuesday**

## **Market**

Salmon with Pineapple Chutney  
Stuffed Chicken Breast  
Yukon Gold Mashed Potatoes  
Chicken Gravy  
Fresh Zucchini with Tomato & Shallots  
Edamame  
Barley Rice Pilaf  
California Mixed Vegetables

## **Pizza**

Supreme  
Pepperoni  
Cheese

## **Mindful**

Curried Sesame Chicken or Tofu

## **Fruit Station**

Creamy Red Potato Salad  
Tortellini Antipasti Salad  
Fresh Fruit Salad

## **Action Station**

Tokyo Noodle Shop Bowl

## **Deli**

Ham Wrap with Herb Mayonnaise

## **Grill**

BBQ Pulled Pork Sandwich

## **Soup**

Cuban Black Bean Soup  
Fire Roasted Corn Soup  
Cheese Drop Biscuit

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**Orbits Café Hours:**  
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# **Wednesday**

## **Market**

Meatloaf  
Chicken Alfredo  
Yukon Gold Mashed Potatoes  
Mushroom Gravy  
Green Beans  
Broccoli  
Roasted Vegetables  
Bread Sticks

## **Pizza**

Cheese  
Pepperoni  
Artichoke & Roasted Peppers

## **Mindful**

Citrus Poached Salmon

## **Fruit Station**

Black-Eyed Pea Salad  
Couscous & Tomato Salad  
Fresh Fruit Salad

## **Action Station**

Sizzling Chicken Fajita

## **Deli**

Santa Fe Chicken Sandwich

## **Grill**

Aztec Burger w/ Avocado

## **Soup**

Chicken Rice Soup  
Cheeseburger Chowder Soup  
Green Chili Cheddar Corn Muffin

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# **Thursday**

## **Market**

Stuffed Baked Pork Chop  
Italian Roasted Beef  
County Mashed Potatoes  
Brown Gravy  
Oven Roasted Potatoes  
Italian Vegetables  
Green Beans  
Sliced Carrots

## **Pizza**

Chicken Duo  
Pepperoni  
Cheese

## **Mindful**

Tuscan Herbed Tilapia

## **Fruit Station**

Citrus Slaw Salad  
Macaroni Salad  
Fresh Fruit Salad

## **Action Station**

Garden District Taco's

## **Deli**

Roast Beef Sandwich with Cheddar

## **Grill**

Philly Cheese Steak Sandwich

## **Soup**

Two Mushroom Barley Soup  
Chicken Thai Soup  
Cajun Drop Biscuit

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# **Friday**

## **Market**

Parmesan Chicken Breast  
Pecan & Herb Crusted Tilapia  
Country Mashed Potatoes  
Penne Pomodoro  
Corn on the Cob  
Cabbage  
Broccoli  
Mixed Vegetables

## **Pizza**

Shrimp Pesto Pizza  
Pepperoni  
Cheese

## **Mindful**

Moroccan Chicken, Rice & Vegetables

## **Fruit Station**

Couscous Salad  
Seafood Salad  
Fresh Fruit Salad

## **Action Station**

Chicken Rice & Beans Tortilla

## **Deli**

Beef & Blue Baguette

## **Grill**

Floured Sole

## **Soup**

Roasted Red Pepper & Smoked Gouda Bisque  
New England clam chowder  
Parsley Onion Tomato Muffin

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# **Saturday**

## **Market**

Beef Stroganoff  
Egg Noodles  
Italian Meatballs  
Hoagie Buns  
Steak Fries  
Green Beans  
Zucchini

## **Pizza**

Cheese  
Pepperoni

## **Mindful**

Station is Closed

## **Fruit Station**

Fresh Fruit Salad

## **Action Station**

Station is Closed

## **Deli**

Cape Coder Turkey Sandwich

## **Grill**

Parmesan Chicken Sandwich

## **Soup**

White Bean w/ Beef Steak Chimichurri  
Bread Stick

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# **Sunday**

## **Market**

Roast Turkey  
Cajun Pecan Chicken  
Yukon Mashed Potatoes  
Chicken Gravy  
Stuffing  
Green Beans  
Aztec Corn  
Broccoli & Cauliflower

## **Pizza**

Cheese  
Pepperoni

## **Mindful**

Station is Closed

## **Fruit Station**

Fresh Fruit Salad

## **Action Station**

Station is Closed

## **Deli**

Peppered Turkey Sandwich  
Roasted Beef Panini

## **Grill**

Fried Cod Sandwich

## **Soup**

Chicken Noodle Soup  
Ww Roll

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