



## Weekly Menu

February 19<sup>th</sup> thru February 25<sup>th</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**

Piccata Sautéed Chicken Breast

Thai Style Sweet & Sour Pork loin

Oven Roasted Garlic Red Potatoes

Broccoli

Asian Vegetables

Slice fresh Carrots

Roasted Vegetables

## **Pizza**

BBQ Chicken Pizza

Cheese

Pepperoni

## **Mindful**

Citrus Poached Salmon

## **Fruit Station**

Roasted Red Potato W/ Cider Vinaigrette

Carrot Raisin Salad

Fresh Fruit Salad

## **Action Station\***

Creamy Chicken Pesto Pasta

## **Deli**

Beef & Blue Baguette

## **Grill**

Monterey Black Bean Burger

## **Soup**

Thai Chicken Soup

Split Pea with Ham Soup

Buttermilk Biscuit

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

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**Orbits Café Hours:**  
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# **Tuesday**

## **Market**

Salisbury steak  
Chicken Breast w/Rosemary & Garlic  
Mashed Potato  
Beef Gravy  
Broccoli  
Stewed Tomatoes  
Green Beans  
Macaroni & Cheese

## **Pizza**

Cheese  
Pepperoni  
Double Cheese Chicken

## **Mindful**

Tuscan Herbed Tilapia

## **Fruit Station**

Pesto Pasta Salad  
Shrimp Salad  
Fresh Fruit Salad

## **Action Station\***

Beef Barbacoa Street Taco

## **Deli**

Italian Sub

## **Grill**

Pizza Burger

## **Soup**

Broccoli and Cheese Soup  
Chicken with White Bean Chili  
Southwest Drop Biscuit

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# **Wednesday**

## **Market**

Crusted Cod  
Chicken Spinach Pasta Casserole  
Oven Roasted Potato  
Sliced Carrots  
Green Peas  
Steamed Cauliflower  
Edamame Succotash

## **Pizza**

Cheese  
Pepperoni  
Philly Cheesesteak

## **Mindful**

Tuscan Herb Tilapia Meal

## **Fruit Station**

Marinated Squash Salad  
Minty Cucumber Salad  
Fresh Fruit Salad

## **Action Station\***

Thai Stir Fry

## **Deli**

BLT Sandwich with Pesto Chicken Breast

## **Grill**

Blue Cheese Turkey Burger

## **Soup**

Cream of Potato Soup  
Six Bean Soup  
Roasted Vegetable Drop Biscuit

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**Orbits Café Hours:  
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# **Thursday**

## **Market**

BBQ Beef Brisket  
Mediterranean Salmon  
Au Gratin Potatoes  
Collard Greens  
California Mixed Vegetables  
Green Beans  
Broccoli & Cauliflower

## **Pizza**

Cheese  
Pepperoni  
Tex Mex Turkey

## **Mindful**

Balsamic Glazed Chicken

## **Fruit Station**

Italian Pasta Salad  
Dijon Tri-Color Cole Salad  
Fresh Fruit Salad

## **Action Station\***

Greek Chicken, Potatoes and Spinach Dip

## **Deli**

Ham Wrap with Herb Mayonnaise

## **Grill**

Grilled Turkey on Sour Dough

## **Soup**

Six Bean Soup  
Roasted Red Pepper and Smoked Gouda Bisque  
Buttermilk Drop Biscuit

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# **Friday**

## **Market**

Roast Turkey Breast  
Citrus Garlic Tilapia  
Mashed Potatoes  
Chicken Gravy  
Brussels sprouts  
Green Peas with Pearl Onions  
Stuffing  
Roasted Corn

## **Pizza**

Cheese  
Pepperoni  
Jamaican Pizza

## **Mindful**

Vegetarian Italian Ratatouille

## **Fruit Station**

County Vegetable Salad  
Garbanzo with Plum Tomato Salad  
Fresh Fruit Salad

## **Action Station\***

Shrimp & Vegetable Primavera

## **Deli**

Peppered Turkey with Guacamole & Tomato

## **Grill**

Gyro Turkey Burger

## **Soup**

Seven Bean Vegan Soup  
Chicken Noodle Soup  
Chive Biscuit

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# **Saturday**

## **Market**

Chipotle Chicken Breast  
Sliced Beef French Dip Sandwich  
Steak Cut French Fries  
Sliced Carrots  
Baked Beans  
Corn on the Cob

## **Pizza**

Cheese  
Pepperoni

## **Mindful**

Station is Closed

## **Fruit Station**

Fresh Fruit Salad

## **Action Station**

Station is Closed

## **Deli**

Turkey, Ham & Swiss Sub

## **Grill**

Roasted Beef Panini

## **Soup**

Pasta E Fagioli Soup  
Breadstick

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**Orbits Café Hours:  
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# **Sunday**

## **Market**

Teriyaki Chicken Breast  
Meat Lasagna  
Wild Rice  
Zucchini  
Asian Vegetables

## **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**

Mushroom Portabella Soup  
Breadstick

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