

CUMBERLAND MEDICAL CENTER



WEEK OF MONDAY OCTOBER 21

CAFE HOURS

MONDAY THROUGH FRIDAY 6:30AM-2:30PM
 (CLOSED 9:30AM-11:00AM)
 CLOSED SATURDAY & SUNDAY
 VICKI VENDING MACHINE AVAILABLE 24/7

MANAGERS

Melissa Bryant
 Medardo Ambriz
 Clark Gray
 Phone 931-459-7186
 Phone 931-459-7085

	Wellness		Plant Based
	Vegan		Vegetarian

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

MONDAY

SOUPS

- Smokey Navy Bean Soup
- Grilled Chicken Breast
- Steamed White Rice
- Farmer's Market Vegetable Medley
- Chicken & Shrimp Brown Rice Jambalaya

TUESDAY

SOUPS

- Smokey Navy Bean Soup
- Chicken Pot Pie
- Peas and Carrots
- Simply Smashed Sweet Potatoes
- Sauteed Spinach & Onions
- Shawarma Chicken Breast
- Oven Roasted Greek Fries

WEDNESDAY

SOUPS

- Mexican Chicken Tortilla Soup
- Parmesan Chicken Breast
- Rustic Penne Marinara
- Green Beans Oregano
- Roasted Squash
- Garlic Breadstick
- Carne Asada Quesadilla
- Mediterranean Barley Salad

THURSDAY

SOUPS

- Mexican Chicken Tortilla Soup
- Braised Beef - Pot Roast Style
- Herbed Potatoes
- Sauteed Spinach & Onions
- Balsamic Herb Roast Turkey
- Fresh Roasted Balsamic Brussels Sprouts
- Carne Asada Quesadilla
- Mediterranean Barley Salad

FRIDAY

SOUPS

- Mexican Chicken Tortilla Soup
- Cajun Salmon
- Roasted Rosemary Red Bliss Potatoes
- Firecracker Coleslaw
- Chicken Cacciatore
- Penne Rigate
- Garlic Breadstick
- Fresh Green Beans Almondine
- Mediterranean Barley Salad