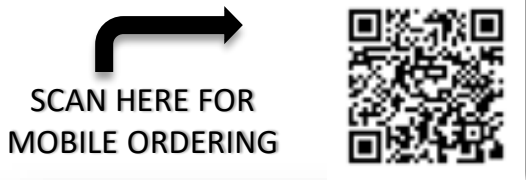


# MIENNU

Week of  
February 24, 2025

Café Main  
and Elm



*functional*  
**FOODS**

**FERMENTED FOODS**

Fermented foods contain good-for-you bacteria called probiotics which fill the gut with new, healthy bacteria that can improve digestion, mood and immune function.

**BLACK HISTORY MONTH**

AFRICAN AMERICANS & LABOR

**SEEDS OF CHANGE**

Join us this February as we celebrate Seeds of Change this Black History Month. By focusing on the role of African Americans in Labor — free and unfree, skilled and unskilled, vocational and voluntary — we honor the contributions of Black Americans driving change and innovation.

**RAMADAN KAREEM**

FRIDAY, FEBRUARY 28

## M WEEKLY BREAKFAST SPECIAL

Broccoli, Cheddar, Frittata

Cream of Chicken

### CHILI MAC AND CHEESE

Baked Sweet Potato Fries **FIT**

Sauteed Spinach, Garlic **FIT**

**Salad**

Roasted Jerk Tofu

**Deli**

Pesto Tuna, Provolone, Tomato Bruschetta, Brioche

**Grill**

Crispy Buffalo Shrimp Po'boy, Avocado, Blue Cheese

## T

Carrot, Ginger **FIT**

Cream of Chicken

### CUBAN STUFFED PORKLOIN

Roasted Multi Color Fingerling Potatoes **FIT**

Steamed Carrots **FIT**

**Salad**

Tabbouleh Salad **FIT**

**Deli**

Roast Beef, Brie, Caramelized Onion,

Tomato, Honey Dijon, Multigrain Baguette

**Grill**

Chipotle BBQ Pulled Chicken, Cheddar, Crispy Onions, Baguette

**ACTION HOT HERO BAR**

**LIMITED TIME OFFER**

JOIN US!! Tuesday, February 25th



**HALF SOUP + SANDWICH**

## W

Southwestern Beef, Rice

Broccoli, Cheddar, White Bean **FIT**

### CHICKEN MARSALA, WILD MUSHROOMS

Rice Pilaf, Basil **FIT**

Roasted Brussel Sprouts **FIT**

**Salad**

Broccoli, Apple, Greek Yogurt **FIT**

**Deli**

Crispy BBQ Chicken, Bacon, Cheddar, Avocado, Wrap

**Grill**

Teriyaki Pork Burger, Asian Slaw, Brioche

**ACTION TUNA POKE BOWL**

## Th

Spicy Tomato, Pumpkin Seed

Southwestern Beef, Rice

### QUINOA, BLACK BEAN, CHIPOTLE STUFFED DELICATA

Baked Sweet Plantains

Mexican Street Corn off the Cobb

**Salad**

Wild Rice, Dried Cranberry **FIT**

**Deli**

Grilled Chicken, Artichoke Pesto, Mozzarella, Tomato,

Wheat Wrap **FIT**

**Grill**

Pastrami, Swiss, Cherry Pepper Melt

**ACTION BYO COBB SALAD**

## F

Bacon, Cheddar, All Beef Sliders

Choice of Side

## GRAB AND GO

**Sandwich of the Week**

Sopressata, Fresh Mozzarella, Arugula,

Pesto Mayo, Baguette

**Salad of the Week**

Crispy Buffalo Chicken Salad