




Watch for Mindful Menu Solutions and look for the small Apple Symbol  to help you make healthier choices.

Hours

Monday- Friday
6:30 am - 6:30 pm

Hot Breakfast
6:30 am - 10:00 am

Hot Lunch
11:00 am - 1:30 pm

Grill & Salad Bar
4:30 pm- 6:30 pm

Saturday
6:30 am - 6:30 pm

Salad Bar & Limited Items Available.

Managers

Lake West Operations Manager
Jenn Bovee; - Ext.#41086

Lake West & Lake Tripoint
Executive Chef
Michael Kidder - Ext. # 36078

 Vegan




 Vegetarian

 Mindful

Lake Health Café

Week of Monday, December 3rd



Monday

- Soup: Potato Kale Soup 
 - Split Pea with Ham Soup 
- Entree: Almond Crusted Chicken 
 - Swedish Meatballs w/Brown Gravy
 - Fresh Broccoli & Cauliflower
 - Corn




Tuesday

- Soup: Thick & Zesty Chili
 - Classic Italian Wedding Soup
- Entree: Salisbury Steak
 - Cajun Chicken Breast
 - Whole Green Beans
 - Apple Glazed Baby Carrots

Wednesday

- Soup: Chicken Tortilla Soup
 - Roasted Vegetable Soup  
- Entree: Basil Lemon Chicken & Couscous
 - All Beef Hotdog
 - Baked Sweet Potato
 - Roasted Button Mushrooms

Thursday

- Soup: Chicken & Wild Rice
 - Stuffed Pepper Soup 
- Entree: Roasted Turkey Breast 
 - Bourbon BBQ Beef
 - Green & Wax Beans 
 - Corn Bread Stuffing

Friday

- Soup: Canadian Cheese Soup
 - New England Clam Chowder
- Entree: Herb Crunch Chicken
 - Grilled Homestyle Crab Cakes
 - Mediterranean Vegetables
 - Sugar Snap Peas

Saturday


- Soup: Chili

Sunday

- Soup: Hearty Beef Vegetable

Thank you for your business and have a great day!



Watch for Mindful Menu Solutions and look for the small Apple Symbol  to help you make healthier choices.

Hours

Monday- Friday

6:30 am - 6:30 pm

Hot Breakfast

6:30 am - 10:00 am

Hot Lunch

11:00 am - 1:30 pm

Grill & Salad Bar

4:30 pm- 6:30 pm

Saturday

6:30 am - 6:30 pm

Salad Bar & Limited Items Available.

Managers

Lake West Operations Manager
Jenn Bovee; - Ext.#41086

Lake West & Lake Tripoint
Executive Chef
Michael Kidder - Ext. # 36078

 **Vegan**

 **Vegetarian**

 **Mindful**




Lake Health Café

Week of Monday, December 10th

Monday

- Soup: Chili con Carne
Garden Vegetable
- Entree: Savory Rotisserie-Style Chicken
Chinese Pepper Steak
Turnip Greens or Broccoli Cuts
Baked Macaroni & Cheese





Tuesday

- Soup: Pasta Fagioli Soup 
Tomato Basil Bisque
- Entree: Chicken Parmesan 
Sesame Pork Cutlet 
Fresh Yellow Squash
Peas & Carrots

Wednesday

- Soup: Classic Italian Wedding Soup
- Entree: Glazed Teriyaki Chicken Breast 
Roasted Beef Top Round
Fresh Zucchini & Tomatoes
Oven Roasted Potatoes

Thursday

- Soup: Tuscan Bean Soup  
Tomato Tortellini Soup 
- Entree: Honey Citrus House Smoked Turkey 
Pork Chop with Sauerkraut
Green Beans
Corn

Friday

- Soup: Crab Corn Chowder
Lemon Chicken Soup
- Entree: Chicken Breast Marsala
Fish and Chips
Fresh Broccoli & Cauliflower
Fresh Grilled Asparagus

Saturday


- Soup: Cook's Choice

Sunday

- Soup: Cook's Choice

Thank you for your business and have a great day!



Watch for Mindful Menu Solutions and look for the small Apple Symbol  to help you make healthier choices.

Hours

Monday- Friday

6:30 am - 6:30 pm

Hot Breakfast

6:30 am - 10:00 am

Hot Lunch

11:00 am - 1:30 pm

Grill & Salad Bar

4:30 pm- 6:30 pm

Saturday

6:30 am - 6:30 pm

Salad Bar & Limited Items Available.

Managers

Lake West Operations Manager
Jenn Bovee; - Ext.#41086

Lake West & Lake Tripoint
Executive Chef
Michael Kidder - Ext. # 36078

 Vegan


 Vegetarian

 Mindful



Lake Health Café

Week of Monday, December 17th





Monday

- Soup: Chicken & Dumplings Soup 
Chili con Carne
- Entree: Prize Winning Spareribs
Caribbean Jerk Chicken Breast
Couscous Pilaf
Baked Macaroni & Cheese




Tuesday

- Soup: Beef Vegetable Soup 
Homestyle Chicken and Rice Soup 
- Entree: Traditional Meatloaf
Sesame Chicken with Broccoli
Brussels Sprouts
Corn

Wednesday

- Soup: Tuscan Kale & Bean Soup  
Stuffed Pepper Soup
- Entree: Pineapple-Lime Grilled Chicken 
Crispy Baked Tilapia 
Italian Roasted Vegetables
Au Gratin Potatoes

Thursday

- Soup: Creamy Tomato with Basil Soup 
Split Pea Soup with Ham 
- Entree: Chicken Breast Cordon Bleu
Turkey Tetrazzini 
Fresh Broccoli Florets
Mixed Vegetable

Friday

- Soup: Classic Italian Wedding Soup
New England Clam Chowder
- Entree: Sweet and Sour Chicken
Blazing Red Fish
Fresh Green Beans
Fresh Zucchini

Saturday


- Soup: Cook's Choice

Sunday

- Soup: Cook's Choice

Thank you for your business and have a great day!



Watch for Mindful Menu Solutions and look for the small Apple Symbol  to help you make healthier choices.

Hours

Monday- Friday
6:30 am - 6:30 pm

Hot Breakfast
6:30 am - 10:00 am

Hot Lunch
11:00 am - 1:30 pm

Grill & Salad Bar
4:30 pm- 6:30 pm

Saturday
6:30 am - 6:30 pm

Salad Bar & Limited Items Available.

Managers



Lake West Operations Manager
Jenn Bovee; - Ext.#41086

Lake West & Lake Tripoint
Executive Chef
Michael Kidder - Ext. # 36078

Lake Health Café

Week of Monday, December 24th

Monday

- Soup: Wisconsin Cheese Soup
Homestyle Chicken and Rice Soup 
- Entree: Rotini in Meat Sauce 
Herbed Pork Chop



Tuesday - Merry Christmas

A special Christmas meal for all staff.



Wednesday

- Soup: Greek Lemon Chicken Soup
Roasted Garden Vegetable Soup
- Entree: Chicken Breast Paprikash
Boneless Pork Chop Apples & Sweet Potato

Thursday

- Soup: Classic Italian Wedding Soup
Pasta Fagioli Soup 
- Entree: Cajun Turkey Breast 
Meat Lasagna

Friday

- Soup: Crab Corn Chowder
Chili con Carne
- Entree: Fried Chicken
Cajun Salmon 
Roasted Asparagus 
Buttermilk Biscuit

Saturday

- Soup: Cook's Choice

Sunday

- Soup: Cook's Choice

 Vegan

 Vegetarian

 Mindful

Thank you for your business and have a great day!