



THE BLUES CAFÉSM

July 27 – July 31

FLAME GRILL

- Carnitas Street Tacos – 2 per order
- Pesto Grilled Salmon

TUESDAY

Big City BBQ

- Grilled Pineapple BBQ Chicken
- Shredded BBQ Beef
- Southern Green Beans with Bacon
- Baked Beans
- Mac & Cheese
- Corn Muffins

BREAKFAST BUFFET FEATURES

Tuesday — Pancakes

Wednesday — Biscuits & Gravy

Thursday — French Toast

PIZZA

- Jerk Chicken Pizza
- Broccoli & Cheddar Calzone

WEDNESDAY

Ginger Republic

- Red Chili Miso Cod
- Char Sui BBQ Pork
- Teriyaki Tofu
- Sunomono Cucumber Salad
- Peanut Soba Salad
- Steamed Jasmine Rice
- Stir Fry Vegetables

SOUPS

Monday — Broccoli Cheese

Tuesday — Lobster Bisque

Wednesday — Chicken Noodle

Thursday — Mediterranean Stew

BUTCHER & BAKER

- Italian Hoagie Sub
- Roasted Turkey & Swiss on Pretzel roll
- Greek Salad Chicken Wrap
- Turkey Reuben Sub

THURSDAY

Kitchen & Co

- Citrus & Herb Pork Loin
- Wild Rice Pilaf
- Roasted Green Beans

CAFÉ HOURS

Monday – Thursday

Breakfast service 7-9:30 a.m.

Lunch service 11-1:30 p.m.

[Visit us online](#) to find nutritional information.

Order ahead for a specific pick-up time
with [desktop ordering](#).

Jamie Scott | Director of Dining Services | Jamie.Scott@compass-usa.com | 515-376-4345

Brandon Liss | Executive Chef | Brandon.liss@compass-usa.com | 515-376-4344



Next week's features

Tuesday, August 4

Piccolo Italia – Lasagna

Wednesday, August 5

*Grill & Greens – Signature Salad with
Flank Steak or Grilled Chicken*

Thursday, August 6

Little Lime – Taco Salads



Blues Cafè hours:
Monday – Thursday
7:00 a.m. – 1:30 p.m.

***Visit Inside Wellmark
for more information.***