

# Café on Main Buffet Menu

## 7/20-7/25

### Soup of the Week

**Garden Vegetable Soup-** 🌿 Green beans, carrot, celery, onion, cabbage, corn, tomato, peas and fresh herbs in a vegetable broth. \$2.75 (70 cal.)

### Monday 7/20

**\*Please See Lunar Landing Flyer for Special Dessert She Crab Soup-** Crab, vegetables, cream, herbs and a touch of hot spice. \$2.75 (220 cal.)

**Cornflake Crusted Chicken-** Buttermilk marinated chicken breast tossed in corn flakes then fried and served with our dijon cream sauce. \$8.00 (570 cal.)  
**Green Goddess Salmon-** Salmon, arugula, tomato and tarragon with a green goddess dressing. \$8.00 (450 cal.)

**Cheesy Bacon Gnocchi-**Traditional Italian potato dumplings enriched with parmesan cheese with 3 cheese sauce & bacon. \$8.00 (510 cal.)

**Sweet & Sour Tofu -**🌿 Tempura battered tofu fried then tossed with sautéed peppers and our sweet and sour pineapple-ginger sauce. Served over white rice. \$8.00 (850 cal.)

**Orange Ginger Carrots** (100 cal.)  
**Broccolini** (40 cal.)  
**Spring Pea Risotto** (215 cal.)  
**Baked Potato** (220 cal.)

### Tuesday 7/21

**Beef Barley Soup-** Diced beef, celery, carrots, onion, herbs in beef broth with barley. \$2.75 (90 cal.)

**Roasted Turkey Breast-** 🍏 \$8.00 (155 cal.)  
**Kielbasa w/ Sauerkraut-** Smoked Pork Kielbasa served over braised sauerkraut. \$8.00 (460 cal.)  
**New England Haddock-**Pan seared haddock topped then finished with a crust of ritz crackers, breadcrumbs, fresh herbs and lemon. \$8.00 (250 cal.)  
**Vegetarian Cottage Pie -** 🌿 🍏 Lentils, mushroom, onion, celery, parsnip, butternut squash, garlic, miso and tomato reduced with red wine and mashed potato crust. \$8.00 (240 cal.)

**Southern Style Green Beans** (80 cal.)  
**Sauerkraut** (30 cal.)  
**Cornbread Stuffing** (120 cal.)  
**Sour Cream & Chive Mashed Potatoes** (140 cal.)

### Wednesday 7/22

**Chilled Raspberry Soup-** 🌿 Raspberries, wine, yogurt and cream. \$2.75 (150 cal.)

**Chicken Thigh w/ Pineapple Mango Salsa-**Herb marinated grilled chicken thigh. \$8.00 (300 cal.)  
**Roasted Pork Loin -** Lemon and fresh herb marinated \$8.00 (190 cal.)  
**Blackened Snapper-** Pan seared with Cajun seasoning and butter. \$8.00 (210 cal.)  
**Grilled Plant Based “Steak” -** 🍏 Plant based Steak seasoned then chargrilled over an open flame. \$8.00 (250 cal.)  
w/ Chipotle BBQ Sauce (100 cal.)

**Coconut Green Beans w/ Butternut Squash** (50 cal.)  
**Steamed Beets** (50 cal.)  
**Vegetable Fried Rice** (130 cal.)  
**Hush Puppies** (220 cal.)

### Thursday 7/23

**Turkey Chili -** Turkey, onions and peppers cooked in tomato and chicken broth, garnished with sour cream, scallions and cheddar cheese. \$2.75 (200 cal.)

**Sloppy Joe -** Sautéed beef, peppers and onions in a tangy tomato sauce, served on a toasted brioche bun. \$8.00 (450 cal.)  
**Chicken Tenders -** \$8.00 (345 cal.)  
**Steamed Shrimp-** 🍏 \$8.00 (140 cal.)  
**Plant Based “Steak” Kabob-** 🌿 Grilled Skewer of plant-based steak, peppers, mushroom, onion, tomato and served with a chimichurri sauce. \$8.00 (300 cal.)

**Sautéed Peas** (135 cal.)  
**Roasted Carrots** (50 cal.)  
**Corn on the Cob** (155 cal.)  
**Loaded Baked Potato Salad** (300 cal.)

### Friday 7/24

**Vicchysoise-** Leeks, potato, onion, chicken broth and cream. \$2.75 (150 cal.)

**Oven Roasted Chicken-** Savory herb marinated bone-in chicken- slowly roasted until golden brown. \$8.00 (400 cal.)  
**Sliced Tri Tip-**\$8.00 (220 cal.)  
w/ Blackberry Sauce (60 cal.)  
**Baked Cod -** 🍏 Baked Cod filet. \$8.00 (130 cal.)  
w/ Newberg Sauce (70 cal.)  
**Moroccan Vegetable Stew** 🌿 🍏 Moroccan spiced carrots, yams, potatoes, kale, apricots, garbanzo beans and lentils in a vegetable broth. \$8.00 (160 cal.)

**Steamed Lima Beans** (120 cal.)  
**Lemon Garlic Broccoli** (50 cal.)  
**Roasted Sweet Potatoes** (180 cal.)  
**Mushroom Spinach Kugel** (185 cal.)

### Saturday 7/25

**Italian Wedding Soup-** Carrots, celery, onion, garlic, fresh herbs, seasoning pork/beef meatballs and pasta in chicken broth. \$2.75 (175 cal.)

**Ranch Grilled Chicken -**🌿 Grilled Ranch spiced chicken breast with ranch sauce. \$8.00 (220 cal.)  
**Veal Parmesan** Sautéed breaded veal cutlet, topped with marinara sauce, parmesan and mozzarella. \$8.00 (340 cal.)  
**Linguine w/ Clam Sauce -** Linguine paste tossed with sautéed littleneck clams, garlic and white wine. \$8.00 (300 cal.)  
**Farfalle w/ Zucchini Sauce-** 🍏 🌿 Zucchini, garlic, shallot, basil, rosemary, thyme, parsley and farfalle pasta. \$8.00 (250 cal.)

**Steamed Spinach** (25 cal.)  
**Braised Fennel** (80 cal.)  
**Roasted Gold Potatoes** (90 cal.)  
**Spaghetti Marinara** (175 cal.)

### Fruit Special of the Week: Grapes

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.



New for July



Healthier Choice  
(under 460 mg sodium, 4 g saturated fat, 10 g added sugar)



Vegetarian