

Café on Main Buffet Menu

8/31-9/5

Soup of the Week

Mushroom Bisque-  Assorted mushrooms, garlic, onion and fresh herbs in cream and vegetable broth. \$2.75 (200 cal.)

Monday 8/31

Chicken Noodle Soup- Carrots, celery, onions, roasted chicken and egg noodles in chicken broth. \$2.75 (90 cal.)

Chicken w/ Artichokes- Floured then sautéed chicken breast finished with artichokes, mushrooms, tomatoes and a white wine pan sauce. \$8.00 (320 cal.)

Linguine w/ Meat Sauce - Linguine pasta tossed tomato meat sauce then finished with parmesan cheese. \$8.00 (350 cal.)

Flounder Florentine- Floured and pan seared flounder in a garlic, spinach, white wine, lemon cream sauce. \$8.00 (250 cal.)

Thai Curry Vegetables   Sautéed mushrooms, carrots, broccoli, red peppers, eggplant and water chestnuts with curry spiced garlic and ginger coconut sauce - over jasmine rice. \$8.00 (250 cal.)

Sautéed Zucchini (25 cal.)

Brussel Sprouts w/ Onions (50 cal.)

Creamy Polenta (150 cal.)

Baked Potato (220 cal.)

Tuesday 9/1

Meatball Soup- Meatballs, vegetables, fresh herbs and pasta in tomato and beef broth. \$2.75 (190 cal.)

Roasted Turkey Breast w/ Gravy- \$8.00 (190 cal.)

Honey Glazed Ham- Applewood smoked ham baked with a honey glaze. \$8.00 (240 cal.)

Pork w/ Sauerkraut-  Rosemary, mustard and honey-garlic marinated pork loin served with bacon, onions and sauerkraut. \$8.00 (270 cal.)

Cauliflower Parmesan-  Roasted cauliflower "steak", topped with mozzarella, fresh basil, parmesan and marinara sauce. \$8.00 (270 cal.)

Broccoli w/ Lemon & Garlic (50 cal.)

Sauerkraut (30 cal.)

Cranberry Stuffing (300 cal.)

Mashed Sweet Potatoes (185 cal.)

Wednesday 9/2

Creamy Turkey & Wild Rice- Turkey, wild rice, carrots, celery, onions and fresh herbs in a poultry cream broth. \$2.75 (240 cal.)

Chicken Maria- Chicken breast, roasted peppers, spinach, garlic, fresh mozzarella and a white wine sauce. \$8.00 (355 cal.)

Beef Goulash -  Braised beef with onion, garlic, paprika, mushrooms and tomato served over egg noodles. \$8.00 (350 cal.)

Coconut Cashew Cod- Cashew and coconut crusted baked cod with a Thai Curry sauce. \$8.00 (290 cal.)

Gnocchi Pomodoro -  Gnocchi, olive oil, cherry tomatoes, garlic, basil, mozzarella and parmesan cheese. \$8.00 (410 cal.)

Okra & Tomatoes (50 cal.)

Italian Vegetable Medley (35 cal.)

Baked Yam (190 cal.)

Rice Pilaf (130 cal.)

Thursday 9/3

Chilled Strawberry Watermelon Soup-  Watermelon, strawberries, yogurt and cream. \$2.75 (100 cal.)

Bourbon Pecan Chicken - Grilled chicken, bourbon, honey, pecans and butter. \$8.00 (580 cal.)

Hawaiian Braised Beef - Braised Beef with ginger, garlic, soy sauce and pineapple juice. \$8.00 (290 cal.)

Mussels Marinara- Mussels, garlic, wine, tomatoes, fresh herbs, butter and a touch of spice. \$8.00 (400 cal.)

Pasta Primavera- Fettuccini pasta sautéed with fresh zucchini, squash, asparagus, red pepper, cherry tomatoes, garlic and onion, peas finished with fresh basil, lemon and olive oil. \$8.00 (180 cal.)

Steamed Green Beans (35 cal.)

Lima Beans (160 cal.)

Sautéed Apples (150 cal.)

Ranch Home Fries (115 cal.)

Friday 9/4

Chicken & Rice Soup- Roasted chicken, carrots, celery, onions and fresh herbs in a poultry broth with rice. \$2.75 (80 cal.)

Chinese Braised Chicken- Chicken thigh, cabbage, carrots, onions, mushrooms, garlic, ginger, oyster and soy sauce with sesame oil. \$8.00 (270 cal.)

Pork Cutlet w/ Mushroom Sauce-  Garlic, thyme, rosemary, and lemon marinated pork loin cooked with mushrooms in a brandied sauce espagnole. \$8.00 (340 cal.)

Cornmeal Crusted Catfish -  Cajun spice, egg, flour and cornmeal. \$8.00 (330 cal.)

Southwest Stuffed Pepper -  Baked pepper stuffed with rice, beans, corn, mozzarella, with poblano gravy and tortilla. \$8.00 (280 cal.)

Sautéed Yellow Squash (20 cal.)

Stewed Tomatoes (30 cal.)

White Rice (140 cal.)

Au Gratin Potatoes (160 cal.)

Saturday 9/5

MD Crab Soup- Seafood broth, crab and mixed vegetables. \$2.75 (90 cal.)

Cashew Chicken -  Chicken breast, cashews, broccoli sesame seeds and green onions over jasmine rice. \$8.00 (490 cal.)

Rigatoni a la Salsiccia- Rigatoni pasta, sausage, mushroom, red wine, herbs, tomato and parmesan. \$8.00 (335 cal.)

Miso Salmon- Pan roasted salmon marinated and glazed with miso, mirin, sake and sugar. \$8.00 (395 cal.)

Vegetable Jambalaya-   Tofu, black eyed peas, rice, green and red peppers, okra and spice. \$8.00 (150 cal.)

Roasted Beets (55 cal.)

Peas & Carrots (110 cal)

Baked Potatoes (220 cal.)

Roasted Butternut Squash (120 cal.)

Fruit Special of the Week:
Whole Apple

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 August



Healthier Choice
(under 460 mg sodium, 4 g



Vegetarian
saturated fat, 10 g added sugar)