

Café on Main Buffet Menu

9/21-9/26

Soup of the Week

Split Pea Soup-  Split peas, carrots, celery and onion, potatoes and stock. \$2.75 (100 cal.)

Monday 9/21

Beer Cheese Soup- Bacon, sharp cheddar cheese and lager beer in chicken broth. \$2.75 (260 cal.)

Chicken Arrabbiata- Bone in chicken breast, braised in tomato, wine, butter and a touch of hot pepper. \$8.00 (490 cal.)

Kielbasa w/ Peppers & Onions- Roasted Kielbasa sausages with caramelized onions and peppers. \$8.00 (550 cal.)

Grilled Salmon-  \$8.00 (245 cal.) w/ Bourbon sauce (960 cal.)

Moroccan Vegetable Stew -   Moroccan spiced carrots, yams, potatoes, kale, apricots, garbanzo beans and lentils in a vegetable broth. \$8.00 (290 cal.)

Orange Ginger Carrots (100 cal.)

Grilled Asparagus (30 cal.)

Lemon Dill Basmati Rice (170 cal.)

Baked Potato (220 cal.)

Tuesday 9/22

Chicken Florentine Soup- Roasted chicken, celery, onions and spinach in a chicken and cream broth. \$2.75 (290 cal.)

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

Carved Ham- \$8.00 (175 cal.)

Blackened Catfish-  Pan seared Cajun spiced catfish filet. \$8.00 (210 cal.)

Black Bean Chili-  Black beans stewed in a vegetable broth with peppers, tomatoes, cumin, coriander and coffee. Topped with cheddar cheese, green onions and served with sour cream. \$8.00 (195 cal.)

Steamed Broccoli (40 cal.)

Sauerkraut (30 cal.)

Apple Cornbread Stuffing (110 cal.)

Mashed Potatoes (140 cal.)

Wednesday 9/23

(Please See Hispanic Heritage Menu)

Thursday 9/24

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

General Tso Chicken- Tempura battered white meat chicken with steamed broccoli tossed in a sweet and spicy sauce. Served over white rice. \$8.00 (510 cal.)

Braised Pork Shank- Braised pork shank, tomato demi glace and gremolata. \$8.00 (360 cal.)

Shrimp Lo Mein- Shrimp, mixed vegetables, ginger, garlic and sesame oil, with lo mein noodles. \$8.00 (400 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.)

Brussel Sprouts w/ Bacon (60 cal.)

Blistered Cherry Tomatoes (30 cal.)

Roasted Potatoes (125 cal.)

Baked Yam (190 cal.)

Friday 9/25

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

Pulled Pork Sandwich- Barbeque pork shoulder topped with Carolina coleslaw and shaved red onion on a toasted brioche bun. \$8.00 (635 cal.)

Salisbury Steak- Herb and onion seasoned ground beef patty, served with mushroom and onion demi glace. \$8.00 (320 cal.)

Greek Shrimp- Shrimp, tomatoes, garlic, honey, oregano, thyme, feta, grilled pita. \$8.00 (440 cal.)

Vegetable Jambalaya -   Tofu, black eyed peas, rice, green and red peppers, okra and spice. \$8.00 (200 cal.)

Steamed Broccoli (40 cal.)

Cauliflower au Gratin (100 cal.)

Hushpuppies (210 cal.)

Cheesy Baked Corn (160 cal.)

Saturday 9/26

New England Clam Chowder- Chopped clams, celery, onions, potatoes, garlic and fresh herbs in seafood milk broth. \$2.75 (160 cal.)

Chicken & Pork Spezzatino- Italian sausage, chicken breast, peppers, onions, garlic, herbs, wine, butter and balsamic vinegar with potatoes. \$8.00 (405 cal.)

Coffee Rubbed Brisket- Coffee rubbed Beef brisket, braised with tomato, onions, carrots, celery and herbs in a rich beef broth. \$8.00 (560 cal.)

Flounder Piccata- Floured flounder, white wine, lemon, capers and butter. \$8.00 (200 cal.)

Paneer Tikka Masala-  Paneer cheese, peppers, onions, garlic and ginger, with Tikka Masala sauce. \$8.00 (350 cal.)

Steamed Carrots (40 cal.)

Steamed Green Beans (35 cal.)

Honey Garlic Roasted Potatoes (100 cal.)

White Rice (140 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 September



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



Vegetarian