

Café on Main Buffet Menu

9/28-10/3

Soup of the Week

Roasted Garlic & Cauliflower Soup- Roasted cauliflower and garlic pureed in a creamy vegetable broth. \$2.75 (170 cal.)

Monday 9/28

Broccoli, Cheddar & Ale Soup-Beer, onion, broccoli, cream, butter, flour. \$2.75 (210 cal.)

Chicken Piccata- Floured then sautéed chicken breast finished with white wine, lemon, capers and butter. \$8.00 (300 cal.)

Aunt Millies' Meatloaf- With diced peppers, onion, ketchup, mustard, herbs and spices - with gravy. \$8.00 (460 cal.)

Salmon Cake- Salmon, herb, lemon, breadcrumb, mayonnaise, Dijon mustard. \$8.00 (500 cal.)

Stuffed Portabella Mushroom -  Roasted portabella mushroom, stuffed with sautéed peppers, onions, squash, zucchini, fresh herbs, bread crumbs, and mozzarella cheese. \$8.00 (240 cal.)

Steamed Vegetable Medley (35 cal.)

Harvard Beets (105 cal.)

Sauteed Apples (150 cal.)

Horseradish Mashed Potatoes (150 cal.)

Tuesday 9/29

Tortellini Soup- Cheese tortellini, spinach, carrots, celery, onion, garlic and tomato, in vegetable broth. \$2.75 (105 cal.)

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

Rum Raisin Ham- Hardwood smoked ham topped with a sweet, tangy orange raisin rum sauce, with clove and cinnamon. \$8.00 (400 cal.)

Beef Cottage Pie-Ground beef and vegetables in a burgundy wine sauce topped with parmesan whipped potato and baked. \$8.00 (480 cal.)

Summer Vegetable Gnocchi-  Zucchini, yellow squash, corn, cream, parmesan and basil with gnocchi potato dumplings. \$8.00 (505 cal.)

Southern Style Green Beans (80 cal.)

Sauerkraut (30 cal.)

Cornbread Stuffing (120 cal.)

Mashed Potatoes (140 cal.)

Wednesday 9/30

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

Miso Chicken Breast-Frenched breast of chicken, miso butter and Asian slaw with peanuts. \$8.00 (570 cal.)

Cuban Pork Loin-Pork Loin, citrus, garlic, fresh herbs, ham, Swiss cheese, mustard and pickles. \$8.00 (230 cal.)

Cod Cake- Cod, potato, breadcrumbs, lemon, capers, onions and mayonnaise, served with remoulade sauce. \$8.00 (380 cal.)

Curried Indian Vegetables- Broccoli, cauliflower, roasted peppers, carrots, potatoes, onions, garlic, tomatoes and garbanzo beans in a curry sauce, served over Jasmine rice. \$8.00 (230 cal.)

Steamed Spinach (25 cal.)

Succotash (90 cal.)

Cuban Black Beans & Rice (150 cal.)

Corn on the Cob (155 cal.)

Thursday 10/1

Chicken & Sausage Gumbo- Roasted chicken, andouille sausage, green peppers, okra, celery, garlic, onions and white rice in a chicken broth. \$2.75 (210 cal.)

Fried Chicken-Buttermilk marinated chicken tossed in seasoned flour then fried. \$8.00 (435-520 cal.)

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

Shrimp & Grits-Cajun spiced shrimp sautéed with peppers, onions, garlic, tomato and white wine, served over a bed of cheesy grits. \$8.00 (280 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.)

Creamed Spinach (60 cal.)

Stewed Tomatoes (30 cal.)

Potato Wedges (200 cal.)

Macaroni & Cheese (230 cal.)

Friday 10/2

Gazpacho- Tomato, cucumber, onion, garlic, green, yellow and red pepper with fresh herbs in tomato broth. \$2.75 (40 cal.)

Pulled BBQ Chicken-  Braised chicken breast with a sweet and tangy BBQ sauce. \$8.00 (150 cal.)

Sausage & Peppers- Sautéed sweet Italian sausage with garlic, onions, green and red peppers. \$8.00 (340 cal.)

Mediterranean Cod-Cod simmered with tomatoes, wine, capers and olives. \$8.00 (180 cal.)

Butternut Squash Ravioli- Butternut squash ravioli tossed finished in a brown butter-sage cream sauce. \$8.00 (580 cal.)

Sautéed Yellow Squash (20 cal.)

Blistered Cherry Tomatoes (30 cal.)

Mashed Potatoes (140 cal.)

Baked Beans (130 cal.)

Saturday 10/3

Italian Bread Soup-Onions, tomato, basil and garlic in chicken broth with Italian bread. \$2.75 (120 cal.)

Jamaican Jerk Chicken-Herbs, spices, spicy pepper, soy sauce, bone in chicken breast, served with mango salsa. \$8.00 (340 cal.)

Turkey Tetrazzini- Turkey, onions, mushrooms, cream, sherry, spaghetti pasta, breadcrumbs, herbs and spices. \$8.00 (335 cal.)

Baked Cod-  Baked Cod filet. \$8.00 (130 cal.) w/ Mustard Beurre Blanc (200 cal.)

Vegetable Stew-  Potatoes, carrots, celery, mushrooms and peas in a robust vegetable broth. \$8.00 (350 cal.)

Steamed Cauliflower (25 cal.)

Steamed Green Beans (35 cal.)

Roasted Yukon Potatoes (100 cal.)

Corn O'Brien (120 cal.)

Fruit Special of the Week: Whole Orange

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