

# Café on Main Buffet Menu

## 3/9-3/14

### 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 3/9

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

**Chickpea Meatloaf** 🌿 Chickpeas, vegetables, bbq sauce and spices. \$8.00 (175 cal.)

**Cornflake Crusted Chicken**- Buttermilk marinated chicken breast tossed in cornflakes then fried and served with our dijon cream sauce. \$8.00 (570 cal.)

**Steamed Shrimp** 🍷 Steamed shrimp. \$8.00 (140 cal.)

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

**Steamed Asparagus** (25 cal.)

**Peas & Pearl Onions** (100 cal.)

**Buttered Corn** (110 cal.)

**Mashed Red Bliss Potatoes** (140 cal.)

### Tuesday 3/10

**Lentil & Lamb Soup**- Lamb, celery, onion, carrot, garbanzo beans and lentils in chicken broth. \$2.75 (110 cal)

**Roasted Turkey Breast** - 🍷 \$8.00 (155 cal.)

**Quinoa Stuffed Pepper** - 🍷🌿 Baked pepper stuffed with quinoa, mushrooms, spinach, onion, mozzarella, parmesan and tomato confit. \$8.00 (150 cal.)

**Flounder Florentine**- Floured and pan seared flounder in a garlic, spinach, white wine, lemon cream sauce. \$8.00 (150 cal.)

**Honey Baked Ham** -Lemon and fresh herb marinated. \$8.00 (240 cal.)

**Southern Green Beans** (80 cal.)

**Sauerkraut** (30 cal.)

**Cornbread Stuffing** (120 cal.)

**Mashed Yukon Gold Potatoes** (130 cal.)

### Wednesday 3/11

**Turkey Noodle Soup**- Carrots, celery, onions, roasted turkey and egg noodles in chicken broth. \$2.75 (80 cal.)

**Thai Yellow Curry w/ Tofu** 🌿🍷 Tofu, coconut milk, yellow curry, garlic, ginger, onions peppers, mushrooms, soy sauce, lime, basil and jasmine rice. \$8.00 (210 cal.)

**Spinach & Goat Cheese Chicken**- Chicken breast, spinach, tomatoes, white wine, lemon butter and goat cheese. \$8.00 (270 cal.)

**Salmon Cake** - Salmon, herb, lemon, breadcrumb, mayonnaise, Dijon Mustard. \$8.00 (400 cal.)

**Grilled Pork Chop**- 5oz pork chop lightly seasoned then grilled. \$8.00 (380 cal.) w/ Rosemary Demi (30 cal.)

**Steamed Vegetable Medley** (35 cal.)

**Succotash** (90 cal.)

**Sour Cream & Chive Mashed Potatoes** (140 cal.)

**Cheesy Baked Corn** (160 cal.)

### Fruit Special of the Week: Prunes

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

### Thursday 3/12

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

**Fettuccine Alfredo**- 🌿 Cream, garlic, parmesan and butter tossed with fettuccini pasta. \$8.00 (380 cal.)

**Lasagna w/ Meat Sauce**- Pasta layered with parmesan, mozzarella, ricotta, and our savory meat sauce. \$8.00 (590 cal.)

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

**Cod Parmesan** 🍷 Pan fried, parmesan, lemon, garlic and breadcrumb crusted cod. \$8.00 (500 cal.)

**Sautéed Broccolini** (40 cal.)

**Braised Fennel** (80 cal.)

**Roasted Garlic Mashed Potatoes** (150 cal.)

**Rice Pilaf** (130 cal.)

### Friday 3/13

**Red Pepper Bisque**- Onion, garlic, carrot, fresh herbs, roasted red pepper, smoked gouda and cream. \$2.75 (120 cal.)

**Grilled Portabella Caprese**-🌿 Roasted portabella mushroom topped with fresh mozzarella, cherry tomatoes, basil and balsamic glaze. \$8.00 (180 cal.)

**Honey Walnut Shrimp**-Pan fried shrimp tossed in a honey aioli sauce, garnished with candied walnuts. \$8.00 (480 cal.)

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

**Stuffed Pepper**- Baked pepper stuffed with sautéed beef, tomato sauce, rice and cheese. \$8.00 (380 cal.)

**Steamed Broccoli** (40 cal.)

**Sautéed Zucchini** (25 cal.)

**Mushroom & Asparagus Risotto** (250 cal.)

**Creamy Polenta** (150 cal.)

### Saturday 3/14

**Chicken, Mushroom & Barley Soup**- Chicken, mushroom, celery, carrots, onion, herbs in a chicken broth with barley. \$2.75 (80 cal.)

**Vegetarian Jambalaya** 🌿🍷 Tofu, black eyed peas, rice, green and red peppers, okra and spice. \$8.00 (200 cal.)

**Chicken Pot Pie**- Chicken breast slowly cooked in a savory cream sauce then topped with a flaky pie crust and baked. \$8.00 (800 cal.)

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

**Bay Style Tilapia** Old Bay seasoned tilapia filet, sautéed and topped with lemon herb compound butter. \$8.00 (250 cal.)

**Cajun Roasted Cauliflower** (90 cal.)

**Roasted Carrots** (45 cal.)

**Baked Potato** (220 cal.)

**Corn O'Brien** (120 cal.)



New for March



Healthier Choice



Vegetarian

(under 460 mg sodium, 4 g

saturated fat, 10 g added sugar)