


Café on Main Buffet Menu

4/27-5/2

Soup of the Week

Mushroom Barley Soup -  Mushrooms, celery, carrots, onion, herbs in a vegetable broth with barley. \$2.75 (45 cal.)

Monday 4/27 National Pretzel Day

Soft Pretzel Stick (160 cal.)

Recommended with Raspberry Honey Mustard (40 cal.)

Cinnamon Sugar Dusted Pretzel

Served with Caramel Dipping Sauce

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

BBQ Jackfruit -  Jackfruit, BBQ sauce. \$8.00 (190 cal.)

Sesame Orange Chicken - Tempura battered white meat chicken fried then tossed in our sweet and savory orange-sesame glaze. Served over white rice. \$8.00 (660 cal.)

Mediterranean Cod - Cod simmered with tomatoes, wine, capers and olives. \$8.00 (190 cal.)

Beef Noodle Casserole - Ground beef, garlic, onion, peppers, wine, tomato, basil, and macaroni pasta. \$8.00 (495 cal.)

Steamed Carrots (45 cal.)

Spinach w/ Mushrooms (40 cal.)

White Rice (140 cal.)

Lyonnais Potatoes (130 cal.)

Tuesday 4/28

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

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

Paneer Tika Masala - Paneer cheese, peppers, onions, garlic and ginger, with Tikka Masala sauce. \$8.00 (670 cal.)

Eggplant Parmesan - Breaded and fried eggplant, topped with tomato sauce and mozzarella cheese, served with linguine pasta. \$8.00 (580 cal.)

Roasted Pork Loin - Lemon and fresh herb marinated. \$8.00 (180 cal.)
w/ Honey Dijon Sauce (330 cal.)

Green Bean Casserole (80 cal.)

Sauerkraut (30 cal.)

Apple Cornbread Stuffing (110 cal.)

Mashed Potatoes (140 cal.)

Wednesday 4/29

Turkey Rice Soup -  Roasted turkey, carrots, celery, onions and fresh herbs in a poultry broth. \$2.75 (75 cal.)

Baked Manicotti - Pasta stuffed with ricotta and topped with our marinara, mozzarella and parmesan then oven baked to finish. \$8.00 (600 cal.)

Chicken Chesapeake - Pan seared chicken breast topped with crab imperial and served with a creamy old bay sauce. \$8.00 (740 cal.)

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

Pot Roast - Slow braised beef with celery, onions, carrots and tomatoes in a rich burgundy broth. \$8.00 (400 cal.)

Stewed Tomatoes (30 cal.)


Honey Glazed Carrots (130 cal.)

Steamed Potatoes w/ Chives (130 cal.)

Macaroni & Cheese (230 cal.)

Thursday 4/30

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

Vegetable Strudel -  Eggplant, zucchini, tomatoes, peppers, garlic and mushrooms, baked in a puff pastry with a balsamic glaze. \$8.00 (525 cal.)

Chicken Schnitzel - Thinly pounded and breaded chicken breast is sautéed until golden brown and crispy then finished with a lemon caper butter sauce. \$8.00 (730 cal.)

Bratwurst, Beer & Onions - German style pork sausage, braised in beer with peppers and onions - grilled. \$8.00 (310 cal.)

Sauerbraten - Marinated and braised roast beef. \$8.00 (440 cal.)

Broccoli (40 cal.)


Sauerkraut (30 cal.)


Braised Red Cabbage (25 cal.)

German Potato Salad (190 cal.)

Friday 5/1

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

Baked Ziti -  Ziti, cream, tomato sauce, mozzarella and parmesan cheese. \$8.00 (675 cal.)

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

Mussels w/ Fennel & Tomatoes - Simmered in wine, tomatoes, fennel, shallots, garlic, and herbs with grilled focaccia. \$8.00 (380 cal.)

BBQ Pulled Pork - Braised pork shoulder with a sweet and tangy BBQ sauce. \$8.00 (430 cal.)

Lemon Garlic Broccoli (50 cal.)

Peas & Carrots (110 cal.)


Roasted Gold Potatoes (90 cal.)

Baked Yam (190 cal.)

Saturday 5/2

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

Pastitsio - Greek style baked pasta with ground lamb, parmesan cheese and Béchamel sauce. \$8.00 (590 cal.)

Plant Based Pepper Steak -  Sliced plant-based steak, peppers, onions, snow peas, garlic, ginger and carrots in a sesame sauce served over a bed of Jasmine rice. \$8.00 (620 cal.)

Fried Shrimp - Lightly battered. \$8.00 (420 cal.)

Chicken Adobo - Chicken quarter, soy sauce, vinegar and scallions. \$8.00 (400 cal.)

Green Beans w/ Tomatoes (35 cal.)



Broccoli au Gratin (110 cal.)

Jasmine Rice (130 cal.)

Buttered Corn (110 cal.)

Fruit Special of the Week: Whole Apple

 New for April

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