

Café on Main Buffet Menu

5/4-5/9

Soup of the Week

Pasta Fagioli - 🌿 Cannellini beans, tomatoes, carrots, celery and onions cooked in vegetable broth with Ditalini pasta. \$2.75 (90 cal.)

Monday 5/4

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

Linguine Marinara - 🌿 Linguine pasta tossed with marinara sauce and finished with parmesan cheese. \$8.00 (240 cal.)

Butter Chicken - Chicken thigh, yogurt, garam masala, cumin, cinnamon, ginger, garlic, onion, tomato, jalapeno pepper, chicken broth, heavy cream and cilantro. \$8.00 (410 cal.)

Thai Chili Salmon - 🍷 Salmon filet, broccoli, peppers and onions with a sweet Thai chili sauce. \$8.00 (350 cal.)

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

Thai Chili Brussel Sprouts (90 cal.)

Spinach w/ Onions & Bacon (90 cal.)

Basmati Rice (145 cal.)

Mashed Potatoes (140 cal.)

Tuesday 5/5

(Please See Cinco De Mayo Menu)

Wednesday 5/6

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

Hot Dog - All beef, quarter pound hot dog on a bun. \$8.00 (440 cal.)

Plant Based Steak Pastitsio - 🌿 Greek style baked pasta with plant-based steak, parmesan cheese and Béchamel sauce. \$8.00 (570 cal.)

Chicken Alexander - Pan seared chicken breast, finished with a brandy apricot cream sauce. \$8.00 (410 cal.)

Herb Baked Salmon - Herbs, wine and shallot baked salmon. \$8.00 (240 cal.)

Steamed Broccoli (40 cal.)

Roasted Zucchini (30 cal.)

Brown Rice (180 cal.)

Cheddar Bacon Mashed Potatoes (195 cal.)

Thursday 5/7

Thai Curry Shrimp Soup - Shrimp, yellow curry, vegetables and rice. \$2.75 (260 cal.)

Vegetable Lo Mein - 🌿 Lo Mein egg noodles tossed with mixed vegetables, ginger, garlic, soy sauce & sesame oil. \$8.00 (290 cal.)

Oven Roasted Chicken Wings - Oven roasted chicken wings seasoned with a savory spice blend. \$8.00 (600 cal.)

Salmon Stir Fry - 🍷 Salmon, onions, broccoli, carrots, peppers, garlic, ginger, brown rice and sesame. \$8.00 (280 cal.)

Beef Stroganoff - Seared tenderloin tips, mushrooms, demi glaze - finished with sour cream over egg noodles. \$8.00 (400 cal.)

Sesame Carrots (60 cal.)

Asian Green Beans (40 cal.)

Buttered Corn (110 cal.)

Vegetable Fried Rice (130 cal.)

Friday 5/8

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

Cilantro Lime Chicken - Cilantro and honey grilled bone in dark meat chicken with cilantro crema. \$8.00 (540 cal.)

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

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

Steamed Vegetable Medley (35 cal.)

Green Beans Almandine (90 cal.)

Baked Potato (220 cal.)

Cilantro Lime Rice (140 cal.)

Saturday 5/9

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

Italian Herb Baked Tofu - 🌿 🍷 Tofu, herbs, oil & vinegar. \$8.00 (80 cal.)

Crab Cake - Classic crab cake made with lump crab, mayonnaise, lemon and breadcrumbs. \$8.00 (270 cal.)

Beef Brisket - Beef brisket, braised with tomato, onions, carrots, celery and herbs. \$8.00 (550 cal.) w/ Alabama White Sauce. (310 cal.)

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

Parmesan Garlic Carrots (170 cal.)

Blistered Cherry Tomatoes (30 cal.)

Confetti Rice (50 cal.)

Mashed Red Bliss Potatoes (140 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 May

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