

Café on Main Buffet Menu

5/18-5/23

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 5/18

Caramelized Onion Soup- Caramelized onions, sherry, chicken and beef broth. \$2.75 (50 cal.)

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

Cornflake Crusted Chicken- Buttermilk marinated chicken breast tossed in corn flakes 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 5/19

Loaded Potato Bacon Chowder- Onion, garlic, smoked bacon, potatoes, fresh herbs and cheddar cheese cooked in chicken broth with cream. \$2.75 (240 cal.)

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

Sweet & Sour Tofu- 🌿 Tempura battered tofu fried then tossed with sautéed peppers and our sweet and sour pineapple-ginger sauce. Served over white rice. \$8.00 (860 cal.)

Flounder Florentine- Floured and pan seared flounder in a garlic, spinach, white wine, lemon cream sauce. \$8.00 (250 cal.)

Honey Baked Ham -Applewood smoked ham baked with a honey glaze. \$8.00 (240 cal.)

Southern Style Green Beans (80 cal.)

Sauerkraut (30 cal.)

Cornbread Stuffing (120 cal.)

Mashed Yukon Potatoes (130 cal.)

Wednesday 5/20

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.)

Chicken Shawarma -Grilled chicken thighs marinated with spices, garlic, lemon and olive oil. \$8.00 (170 cal.)

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

Grilled Pork Chop - 5oz pork chop lightly seasoned then grilled. \$8.00 (380 cal.)
w/Poultry Gravy (50 cal.)

Steamed Vegetable Medley (35 cal.)

Mixed Vegetable Succotash (90 cal.)

Basmati Rice (145 cal.)

Sautéed Cinnamon Apples (150 cal.)

Thursday 5/21

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.)

Linguine w/ Meat Sauce - Linguine pasta tossed tomato meat sauce then finished with parmesan cheese. \$8.00 (350 cal.)

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

Mussels w/ Tomatoes & Garlic- Sautéed mussels, garlic, and tomatoes in a white wine, lemon butter sauce. \$8.00 (470 cal.)

Sautéed Zucchini (40 cal.)

Braised Fennel (80 cal.)

Rice Pilaf (130 cal.)

Roasted Garlic Mashed Potatoes (150 cal.)

Friday 5/22

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.)

Greek Chicken- 🍎 Herb marinated chicken thigh, tzatziki sauce and garnished with cucumber, onion and tomato relish. \$8.00 (245 cal.)

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

Pepper Steak- Sliced beef, peppers, onions, snow peas, garlic, ginger and carrots in a sesame sauce served over a bed of Jasmine rice. \$8.00 (580 cal.)

Steamed Broccoli (40 cal.)

Sautéed Zucchini (25 cal.)

White Rice (140 cal.)

Creamy Polenta (150 cal.)

Saturday 5/23

She Crab Soup- Crab, vegetables, cream, herbs and a touch of hot spice. \$2.75 (220 cal.)

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

Chicken Livers- Sautéed chicken livers, garlic oil, salt, pepper, caramelized onions and grilled baguette. \$8.00 (350 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.)

Roasted Carrots (45 cal.)

Cajun Roasted Cauliflower (90 cal.)

Corn O'Brien (120 cal.)

Baked Potato (220 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 May



Healthier Choice |



Vegetarian

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