

Café on Main Buffet Menu

6/8-6/13

Soup of the Week

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

Monday 6/8

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

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

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

Thai Chili Brussel Sprouts (90 cal.)

Spinach w/ Onions & Bacon (90 cal.)

Basmati Rice (145 cal.)

Mashed Potatoes (140 cal.)

Tuesday 6/9

Sweet Potato Bisque- 🌿 Yams, garlic, onion, cream and spices. \$2.75 (310 cal.)

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

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

Linguine w/ Clam Sauce- Littleneck clams, white wine and butter. \$8.00 (440 cal.)

Zucchini Parmesan - 🌿 Breaded and fried zucchini, topped with tomato sauce and mozzarella cheese. \$8.00 (390 cal.)

Green Beans w/ Onions (45 cal.)

Sauerkraut (30 cal.)

Cranberry Cornbread Stuffing (300 cal.)

Mashed Potatoes (140 cal.)

Wednesday 6/10

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

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

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

Steamed Broccoli (40 cal.)

Roasted Zucchini (30 cal.)

Baked Beans (130 cal.)

Brown Rice (180 cal.)

Thursday 6/11

Chilled Watermelon Strawberry Soup- 🌿 Watermelon, strawberries, yogurt and cream. \$2.75 (100 cal.)

Salisbury Steak -Herb and onion seasoned ground beef patty, served with mushroom and onion demi glace. \$8.00 (440 cal.)

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

Tilapia w/ Garlic Sauce-Pan seared then topped with a roasted garlic lemon herb sauce. \$8.00 (370 cal.)

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

Steamed Lima Beans (120 cal.)

Sesame Carrots (60 cal.)

Vegetable Fried Rice (130 cal.)

Buttered Corn (110 cal.)

Friday 6/12

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

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

BBQ Pulled Pork-Braised pork shoulder with a sweet and tangy BBQ sauce. \$8.00 (340 cal.)

Bourbon Glazed Shrimp - 🍷 Lightly floured shrimp, sautéed and tossed with bourbon sauce and scallions. \$8.00 (220 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.)

Steamed Vegetable Medley (35 cal.)

Green Beans Almandine (90 cal.)

Baked Potato (220 cal.)

Cilantro Lime Rice (140 cal.)

Saturday 6/13

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

Braised Brisket-Beef brisket, braised with tomato, onions, carrots, celery and herbs in a rich beef broth. \$8.00 (550 cal.)

w/ Alabama White Sauce (300 cal.)

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

Shrimp Scampi -Sautéed shrimp tossed with linguine pasta then finished with white wine, lemon, and garlic. \$8.00 (435 cal.)

Italian Baked Tofu-Tofu, herbs, oil & vinegar. \$8.00 (75 cal.)

Parmesan Garlic Carrots (170 cal.)

Blistered Cherry Tomatoes (30 cal.)

Mashed Red Bliss potatoes (140 cal.)

Confetti Rice (55 cal.)

Fruit Special of the Week: Grapes

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 June

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