

Café on Main Buffet Menu

9/14-9/19

Soup of the Week

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

Monday 9/14

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

Beef 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.)

Miso Cod- Cod glazed with miso, mirin, sake and sugar. \$8.00 (190 cal.)

Eggplant Chana Masala -  Eggplant, garbanzo beans, tomatoes, garlic, ginger and garam masala yogurt sauce - mango chutney. \$8.00 (290 cal.)

Steamed Brussel Sprouts (50 cal.)

Sautéed Yellow Squash (20 cal.)

Basmati Rice (145 cal.)

Roasted Yukon Potatoes (100 cal.)

Tuesday 9/15

Chicken & Sausage Gumbo- Roasted chicken, andouille sausage, green peppers, okra, celery, garlic, onions and white rice in a chicken broth. \$2.75 (210 cal.)

Roasted Turkey Breast w/ Gravy- \$8.00 (190 cal.)

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

Cod Dijonnaise- Baked Cod brushed with a creamy horseradish dijonnaise and topped with breadcrumbs and parmesan cheese. \$8.00 (320 cal.)

Vegetable Stew-  Potatoes, carrots, celery, mushrooms and peas in a robust vegetable broth. \$8.00 (150 cal.)

Steamed Broccoli (40 cal.)

Sauerkraut (30 cal.)

Cranberry Stuffing (300 cal.)

Mashed Potatoes (140 cal.)

Wednesday 9/16

Tomato Basil Soup- Turkey, celery, carrots, onion, herbs in chicken broth with barley. \$2.75 (90 cal.)

Chicken Fagioli- Grilled chicken breast served with a salsa of cannellini beans, avocado, tomato, garlic, basil and extra virgin olive oil. \$8.00 (370 cal.)

Kielbasa w/ Peppers & Onions- German style pork sausage, braised in beer with peppers and onions. \$8.00 (310 cal.)

BBQ Ribs- Oven roasted spareribs, glazed with BBQ sauce. \$8.00 (500 cal.)

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

Crab Cake- Classic crab cake made with lump crab, mayonnaise, lemon and breadcrumbs. \$15.95 (270 cal.)

Lemon Garlic Broccoli (50 cal.)

Braised Red Cabbage (25 cal.)

Baked Potato (220 cal.)

German Potato Salad (190 cal.)

Thursday 9/17

Tuscan White Bean Soup- White beans, kale, carrots, celery and onions cooked in chicken broth. \$2.75 (60 cal.)

Chicken Marsala -  Floured then sautéed chicken breast finished with our marsala wine demi-glace and sautéed mushrooms. \$8.00 (300 cal.)

Lasagna- Pasta layered with parmesan, mozzarella, ricotta, and our savory meat sauce. \$8.00 (630 cal.)

Tuscan Salmon- Seared salmon filet topped with olives, tomatoes, scallions & feta \$8.00 (590 cal.)

Gnocchi Pomodoro-  Gnocchi, olive oil, cherry tomatoes, garlic, basil, mozzarella and parmesan cheese. \$8.00 (410 cal.)

Italian Vegetable Medley (35 cal.)

Braised Fennel (80 cal.)

Cheesy Polenta (170 cal.)

Baked Yam (150 cal.)

Friday 9/18

Chilled Mango Peach Soup-  Chilled Peach, mango, sour cream and yogurt puree. \$2.75 (120 cal.)

Coq au Vin- Red wine marinated chicken thighs - braised - with pearl onions, mushrooms and bacon. \$8.00 (550 cal.)

Beef Stew- Tender cuts of beef sirloin braised in a rich sauce with red wine, carrots, celery, onions, potatoes then served over egg noodles. \$8.00 (500 cal.)

Flounder Meuniere - Sautéed flounder, clarified butter, olive oil, lemon, white wine, and parsley. \$8.00 (200 cal.)

Eggplant Parmesan-  Breaded and fried eggplant, topped with tomato sauce and mozzarella cheese, served with linguine pasta. \$8.00 (50 cal.)

Sautéed Asparagus (30 cal.)

Harvard Beets (110 cal.)

Jasmine Rice (130 cal.)

Rosemary Mashed Potatoes (140 cal.)

Saturday 9/19

Tomato Basil Soup-  Tomato, garlic, onion and fresh herbs in a vegetable broth. \$2.75 (40 cal.)

Orange Sesame Chicken- Tempura battered white meat chicken fried then tossed in our sweet and savory orange-sesame glaze. Served over white rice. \$8.00 (640 cal.)

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

New England Haddock- Pan seared haddock topped then finished with a crust of ritz crackers, breadcrumbs, fresh herbs and lemon. \$8.00 (250 cal.)

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

Parmesan Garlic Carrots (170 cal.)

Steamed Green Beans (35 cal.)

Roasted Potatoes (125 cal.)

White Rice (140 cal.)

Fruit Special of the Week: Banana

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 September



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



Vegetarian