



OHB Hot Bar Week 1 Menu

Healthy Course Menu – Monday

Herb-Chicken Marsala

Broiled Flounder with Sweet Pepper Sauce

Brown Rice

Roasted Mixed Vegetables

Steamed Green Beans

Theme Bar Latin Style - Monday

Mexican Lasagna

Taco Beef/Taco Turkey

Spanish Rice

Vegetarian Black Beans/Charro Beans

Fajita Peppers and Onions

Accompaniments: Pico de Gallo, Sour Cream, Salsa, Cheddar Cheese, Green Onions,
and Shredded Lettuce

Comfort Food/American Classics - Monday

Fried Chicken

Roasted Chicken

Mac and Cheese

Mashed Potatoes and Gravy

Broccoli and Carrots

Bread Pudding or Rice Pudding

Yeast Rolls/Corn Bread

Healthy Course Menu – Tuesday

Five-Spiced Seared Pork loin

Teriyaki- Glazed Salmon

Whole grains/Brown Rice

Chili-Glazed Sweet Potatoes

Steamed Sugar Snap Peas

Theme Bar Indian Style - Tuesday

Chicken Tikka Masala

Beef Vindaloo

Chana Masala / Vegetarian Dhal

Bombay Potatoes

Turmeric Roasted Cauliflower

Garlic Naan Bread

Accompaniments: Corn Bhutta, Raita Cucumber Sauce, Spicy Cilantro Chutney

Comfort Food/American Classics - Tuesday

Old Fashion Meat Loaf

Turkey and Mushrooms Meat Loaf

Roasted Garlic Mashed Potatoes

Gravy

Peas and Carrots

Green Beans and Toasted Almonds

Dessert: Tapioca Pudding and Fresh Berries

Yeast Rolls/Corn Bread

Healthy Course Menu – Wednesday

Tandoori Marinated Chicken Breast

Coconut Curry Cod on a Bed of Spinach

Roasted Red Potatoes

Tomato-Braised Kale

Steamed Carrots

Theme Bar Asian Style – Wednesday

Tempura Chicken

Mongolian Beef strips

Stir-Fry Vegetable

Teriyaki Sauce

Spicy Szechuan Sauce

Jasmine rice/Brown Rice

Pan-Fried Lo Mein Noodles

Spring Rolls and Dumplings

Comfort Food/American Classics - Wednesday

Garlic Roasted Wings

Lightly-Dusted Fried-Jumbo Wings

Hot sauce/BBQ Sauce/Teriyaki Glaze

Mac and Cheese

Baked Beans/Corn on the cob

Steamed Broccolini

Hot Dessert: Peach Cobbler / Corn bread

Healthy Course Menu – Thursday

Herb-Roasted Pork Chops

Chicken Breast with Lemon Caper Sauce

Brown Rice

Roasted Beets

Steamed Broccoli and Corn

Theme Bar Italian - Thursday

Meat Lasagna

Chicken Parmesan

Cheese Manicotti

Pesto Ravioli with Chicken

Roasted Zucchini and Squash

Italian Green Beans

Roasted Eggplant and Red Peppers

Garlic Bread

Comfort Food/American Classics - Thursday

Roasted Turkey Bread (Airline bread)

Honey Ham with Pineapple Glaze

Red Bliss Mashed Potatoes

Stuffing and Gravy

Honey Glazed Baby Carrots

Garlic-Roasted Brussel Sprouts

Hot Dessert: Cherry Cobbler

Healthy Course Menu – Friday

Chili Roasted Pork loin

Broiled Fish Veracruz

Whole Grains/Brown Rice

Steamed Broccoli

Roasted Mixed Vegetables

Theme Bar Mediterranean Style - Friday

Pita Bread/Naan Bread

Chicken Shawarma – Gyro

Beef Shawarma

Pork Souvlaki (Skewers) Yogurt Mint Sauce

Roasted Eggplant with Chick peas

Sautéed Onions and Peppers

Accompaniments: Tzatziki Sauce, Feta, Olives, Shredded Lettuce, Diced Tomatoes

Comfort Food/American Classics - Friday

Fried Fish

Broiled Fish

Fried Clam Strips

Popcorn Shrimp

Hush puppies / French Fries and Cheese Sauce

Fresh Vegetables

Hot Desserts: Apple Cobbler/Rice Pudding with Cinnamon

Salad Bar Hot Proteins – Monday – Friday

Herb Marinated Grilled Chicken Breast

Herb Marinated Chicken Thigh

Fried Chicken Tender

Grilled Steak

Buffalo Chicken Tenders