



OHB Hot Bar Week 3 Menu

Healthy Course Menu – Monday

Fennel Marinated Tilapia with Fennel Tzatziki Sauce

Honey Roasted Pork Loin

Creamy Scalloped Potatoes

Curried Roasted Carrots and Cauliflower

Green Beans with Mushrooms

Theme Bar “Latin Style” - Monday

Ancho Rubbed Beef Brisket with Root Vegetables and Polenta

Chicken Enchilada with Yucatan Pumpkin Seed Sauce

Pork Machaca

Spanish Rice

Southwest Roasted Potatoes

Calabasitas Rostisadas (Roasted Squash with Peppers and Tomatoes)

Steamed Broccoli and Red Pepper

Arroz con Leche (Mexican Rice Pudding)

Comfort Food/”American Classics” - Monday

Southwest Turkey Meatballs with Roasted Corn

Roasted Pork Belly with Blueberry & Red Plum Relish

Roasted Eggplant Roulade with Spinach and Ricotta

Parmesan Garlic Red Skin Mashed Potatoes

Sweet Potato Fries

Roasted Brussel Sprouts

Peas and Onions

Hot Dessert: Cherry Cobbler

Healthy Course Menu – Tuesday

Salmon with Roasted Cherry Tomatoes

Honey Bourbon Pork Loin

Parmesan Roasted Potatoes

Seasoned Carrots

Sautéed Cabbage

Theme Bar “Indian” – Tuesday

Malai Chicken

Beef Coconut Curry

Yellow Curry Fish with Pineapple

Basmati Rice/Brown Rice

Chana Masala

Tarka Dhal

Cauliflower with Shredded Ginger

Peas and Carrots with Cumin

Comfort Food/“American Classics” – Tuesday

Grilled Chicken and Sausage Jambalaya

Roasted Pork Shoulder with Grilled Peach Salsa

Southern Shrimp and Grits

Cajun Rice

Brown Rice

Roasted Eggplant

Cream of Spinach

Hot Dessert: Apple Cobbler

Healthy Course Menu – Wednesday

Maple Mustard Pork Tenderloin with Caramelized Apples

Orange Marinated Tilapia with Walnuts and Spiced Carrots

Couscous with Roasted Vegetables

Cider Glazed Carrots

Oven Roasted Green Beans

Theme Bar “Asian Style” – Wednesday

Spicy Singapore Chicken

Sweet and Sour Spare Ribs

Thai Curry Vegetables with Tofu

Stir Fry Rice/Brown Rice

Pan Fried Somen Noodles

Steamed Sugar Snap Peas

Egg Rolls and Dumplings

Vegetable Stir Fry

Comfort Food/“Wings” – Wednesday

Cajun Roasted Jumbo Wings

Spicy Buffalo Wings

Asian Teriyaki Garlic Wings

Carolina Style BBQ Wings

Island Mac and Cheese

Creamy Mashed Potatoes

Roasted Vegetables

Glazed Beets

Healthy Course Menu – Thursday

Lemon and Oregano Rubbed Chicken Paillards

Edamame Succotash with Shrimp

Roasted Quinoa with Summer Vegetables

Maple Roasted Acorn Squash

Steamed Cauliflower

Theme Bar “Italian” – Thursday

Pork Piccata with Lemons and Capers

Grilled Chicken with Creamy Lemon Pepper Orzo

Pappardelle Veal Ragout with Peppers

Whole Wheat Penne with Marinara

Eggplant Parmesan

Creamy Polenta

Zucchini and Squash

Asparagus

Comfort Food/“Turkey” - Thursday

Roasted Turkey Breast (Airline breast)

Pot Roast

Spiced Baked Spiral Ham

Garlic Roasted Potatoes

Honey Glazed Sweet Potatoes

Steamed baby carrots

Roasted Brussel Sprouts

Hot Dessert: Blackberry Cobbler

Healthy Course Menu – Friday

Garlic Roasted Lamb with Oregano Pesto

Apricot-Ginger Glazed Salmon

Low Fat Mashed Potato

Green Beans with Onions and Fennel

Corn Pudding

Theme Bar “Mediterranean Style” - Friday

Rosemary Skewered Chicken & Vegetable Kebob

Slow Roasted Beef Shawarma

Greek Pasta with Tomatoes and White Beans

Mediterranean Eggplant Cheesecake with Red Pepper Coulis

Crushed Carrots with Harissa & Pistachios

Spiced Red Lentils

Roasted Eggplant with Chick peas

Sautéed Onions and Peppers

Comfort Food/“Picnic Day” – Friday

Corn Dusters/Whole Wheat Burger Bun/Hot Dog Buns

Hot Dogs

Burgers/Bean Burgers

Bratwursts

Caramelized Onions and Peppers

Summer Creamy Potato Salad

Baked Beans

Coleslaw

Steamed Corn

Salad Bar Hot Proteins – Monday – Friday

Herb Marinated Grilled Chicken Breast

Herb Marinated Chicken Thighs

Fried Chicken Tenders

Grilled Steak

Buffalo Chicken Tenders