

**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 Fashioned Meatloaf**

**Turkey and Mushroom Meatloaf**

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**

**Chicken Shawarma – Gyro**

**Beef Shawarma**

**Pork Souvlaki (Skewers) Yogurt Mint Sauce**

Pita Bread/Naan Bread

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