

OHB Main Café

Menu for the Week of
10/31/16

Freshly Prepared

Aioli

Cucumber, Tomato & Feta (v)
\$0.44 per ounce

Pumpkin & Squash

Kale, Quinoa, & Roasted Pumpkin Pilaf
\$0.44 per ounce

Burritos or Bowls

Made to Order

Healthy & Allergen Free Cuisine

Made to Order

Noodle Bar

Offered Daily

Curry, Sapporo Or Shio Ramen Beef, Chicken, Pork or Combo
\$6.99

Tofu or Vegetable (v)
\$5.99

Breakfast

6:30 am – 9:30 am

Continental Breakfast
6:30 am – 11:00 am

Lunch

11:00 am – 2:00 pm

Snacks & Beverages

11:00 pm – 2:00 pm



Monday

Breakfast	Blueberry Pancakes with Bacon	\$3.99	(b)(4)
	Roasted Eggplant & Peppers with Hummus (v)	\$6.09	
	Korean Bulgogi Beef BBQ	\$6.99	(b)(4)
	Brie and Caramelized Onion Cheesesteak (Regular/Large)	\$6.99/\$8.99	
Soup	Cream of Potato (v) (12 oz. / 16 oz.)	\$1.89/\$2.39	
	Please see page 2	\$0.44/oz.	(b)(4)

Tuesday

Breakfast	Egg White & Vegetable Scramble with Pico de Gallo (v) (h)	\$3.99	
	Spicy Italian Panini	\$6.49	
	Pho (Vegetarian or with Beef, Chicken, or Pork)	\$5.99/\$6.99	(b)(4)
	Chili Pepper Cheesesteak (Regular/Large)	\$6.99/\$8.99	
Soup	Curried Butternut Squash Soup (12 oz. / 16 oz.)	\$1.89/\$2.39	
	Please see page 2	\$0.44/oz.	(b)(4)

Wednesday

Breakfast	Cheese Grits with Sausage & Egg Scramble	\$3.99	(b)(4)
	Bistro Chicken Flat Bread	\$6.49	
	Stir Fry Pork with Vegetables	\$5.99	(b)(4)
	Roasted Garlic & Mushroom Cheesesteak (Regular/Large)	\$6.99/\$8.99	
Soup	Tomato Florentine (v) (12 oz. / 16 oz.)	\$1.89/\$2.39	
	Please see page 2	\$0.44/oz.	(b)(4)

Thursday

Breakfast	Nutella Stuffed French Toast with Berries	\$3.99	(b)(4)
	Sliced Cuban Pork Sandwich	\$6.49	
	Pho (Vegetarian or with Beef, Chicken, or Pork)	\$5.99/\$6.99	(b)(4)
	Spicy Italian Cheesesteak (Regular/Large)	\$6.99/\$8.99	
Soup	Chicken Tortilla (12 oz. / 16 oz.)	\$1.89/\$2.39	
	Please see page 2	\$0.44/oz.	(b)(4)

Friday

Breakfast	Turkey Bacon & Tomato Breakfast Tart	\$3.99	
	Turkey & Artichoke Flatbread	\$6.49	
	Shrimp with Snow Peas	\$6.99	(b)(4)
	Spinach & Goat Cheese Cheesesteak (Regular/Large)	\$6.99/\$8.99	
Soup	Minestrone (v) (12 oz. / 16 oz.)	\$1.89/\$2.39	
	Please see page 2	\$0.44/oz.	(b)(4)

(h) Healthy Course Selection

(v) Vegetarian

Café Hours of Operation: 6:30 am – 2:00 pm

OHB Menu
 \$0.44 per ounce

(b)(4)

Monday

Vegetable Bar	An assortment of fresh vegetables served daily
Theme Bar	Cuban Mojo Roasted Pork Loin Taco Beef / Taco Turkey
Comfort Classics	Fried Chicken, Old Fashion Meatloaf Chef's Choice Selection, Stuffed Pasta Shells with Tomato Sauce

Tuesday

Vegetable Bar	An assortment of fresh vegetables served daily
Theme Bar	Chicken Tikka Masala Beef Vindaloo, Chana Masala
Comfort Classics	Turkey Pot Pie, Beef Stroganoff Bratwurst with Sauerkraut, Braised Cabbage with Ham and Tomatoes

Wednesday

Vegetable Bar	An assortment of fresh vegetables served daily
Theme Bar	Sweet and Sour Chicken, Orange Beef Korean Stir Fry Tofu with Vegetables
Comfort Classics	Baked Cod with Butter Crumb Topping, Shepard's Pie Fried Clam Strips in Sambal Sauce, Baked Chicken Marsala

Thursday

Vegetable Bar	An assortment of fresh vegetables served daily
Theme Bar	Meat Lasagna, Chicken Parmesan Baked Ziti, Pesto Ravioli with Chicken
Comfort Classics	Roasted Turkey Breast, Swedish Meatballs Chicken Cordon Blue Casserole

Friday

Vegetable Bar	An assortment of fresh vegetables served daily
Theme Bar	Chicken Piccata, Little Neck Clams with Spaghetti Lemon Sauce Penne Pasta with Butternut Squash, Spiced Pork Shoulder
Comfort Classics	Buffalo Wings, Garlic Roasted Wings Lightly Dusted Fried Jumbo Wings

Monday

Vegetable Bar

An assortment of fresh vegetables served daily.

Theme Bar: Latin Style

Cuban Mojo Roasted Pork Loin

Taco Beef

Taco Turkey

Tortilla Shells / Flour Tortillas

Spanish Rice

Vegetarian Black Beans / Charro Beans

Fajita Peppers and Onions

Accompaniments: pico de gallo, sour cream, salsa, cheddar cheese, green onions, shredded lettuce

Comfort Food: American Classics

Fried Chicken

Old Fashion Meatloaf

Chef's Choice Selection

Stuffed Pasta Shells with Tomato Sauce

Macaroni and Cheese

Mashed Potatoes / Gravy

Broccoli and Carrots

Dessert: Bread Pudding

Tuesday

Vegetable Bar

An assortment of fresh vegetables served daily.

Theme Bar: Indian Style

Chicken Tikka Masala

Beef Vindaloo

Chana Masala

Basmati Rice / Dhal

Bombay Potatoes

Turmeric Roasted Cauliflower

Naan Bread

Accompaniments: corn bhutta, raita cucumber sauce, spicy cilantro chutney

Comfort Food: American Classics

Turkey Pot Pie

Beef Stroganoff

Bratwurst with Sauerkraut

Braised Cabbage with Ham and Tomatoes

Roasted Garlic Mashed Potatoes / Gravy

Peas and Carrots

Green Beans with Toasted Almonds

Dessert: Tapioca Pudding with Cinnamon Sugar

Wednesday

Vegetable Bar

An assortment of fresh vegetables served daily.

Theme Bar: Asian Style

Sweet and Sour Chicken

Orange Beef

Korean Stir Fry Tofu with Vegetables

Brown Rice / White Rice

Fried Green Beans

Pad Thai

Spring Rolls

Dumplings in Sweet Chili Sauce

Comfort Food: American Classics

Baked Cod with Butter Crumb Topping

Shepard's Pie

Fried Clam Strips in Sambal Sauce

Baked Chicken Marsala

Hush Puppies

Steamed Broccoli

Boiled Potatoes with Parsley

Dessert: Apple Cobbler

Thursday

Vegetable Bar

An assortment of fresh vegetables served daily.

Theme Bar: Italian

Meat Lasagna

Chicken Parmesan

Baked Ziti

Pesto Ravioli with Chicken

Roasted Zucchini and Squash

Italian Green Beans

Roasted Eggplant with Red Peppers

Garlic Bread

Comfort Food: American Classics

Roasted Turkey Breast

Swedish Meatballs

Chicken Cordon Blue Casserole

Red Bliss Mashed Potatoes

Stuffing / Gravy

Honey Glazed Baby Carrots

Garlic Roasted Brussel Sprouts

Dessert: Cherry Cobbler

Friday

Vegetable Bar

An assortment of fresh vegetables served daily.

Theme Bar: Mediterranean Style

Chicken Piccata

Penne Pasta with Butternut Squash and Portobello

Little Neck Clams with Spaghetti Lemon Sauce with Tomatoes

Spiced Pork Shoulder

Roasted Eggplant with Chickpeas

Sautéed Onions and Peppers

Herb Crusted Roasted Tomatoes

Accompaniments: corn relish, raita cucumber sauce, spicy cilantro chutney

Comfort Food: American Classics

Buffalo Wings / Plain Wings

Garlic Roasted Wings

Lightly Dusted Fried Jumbo Wings

Macaroni and Cheese

Baked Beans / Corn on the Cob

Steamed Broccolini

Cornbread

Dessert: Peach Cobbler

Daily Hot Proteins

Herb Marinated Grilled Chicken Breast

Herb Marinated Chicken Thighs

Fried Chicken Tenders

Grilled Montreal Steak

Buffalo Chicken Tenders