

OHB Main Café

Menu for the Week of
11/28/16

(b)(4)

Freshly Prepared

At

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

Pumpkin & Squash

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

Tuesday, November 29th
Native American History Month

Served at



Friday, December 2nd

Served at

Tampa Bay
Pirate Dog
\$4.99

vs.

San Diego
Grilled Fish Tacos
\$7.99 for Two

Burritos or Bowls
Made to Order

Healthy & Allergen Free Cuisine

Noodle Bar

Offered Daily

Curry, Sapporo
Or Shio Ramen
Beef, Chicken,
Pork or Combo

\$6.99

Tofu or Vegetable (v)

\$5.99

Monday

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

Tuesday

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

Wednesday

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

Thursday

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

Friday

Breakfast	Turkey Bacon & Tomato Breakfast Tart	\$3.99	
<input type="checkbox"/>	Turkey & Artichoke Flatbread	\$6.49	(b)(4)
<input type="checkbox"/>	Shrimp with Snow Peas	\$6.99	(b)(4)
<input type="checkbox"/>	<i>Football Food Friday: Pirate Dog, Grilled Fish Tacos</i>	\$4.99/\$7.99	
Soup	Minestrone (v) (12 oz. / 16 oz.)	\$1.89/\$2.39	
<input type="checkbox"/>	Please see page 2	\$0.44/oz.	(b)(4)

Breakfast
6:30 am – 9:30 am
Continental Breakfast
9:30 am – 11:00 am
Lunch & Snacks
11:00 am – 2:00 pm



(h) Healthy Course Selection

(v) Vegetarian

(b)(4)

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



OHB Menu

\$0.44 per ounce

Monday

Vegetable Bar	An assortment of fresh vegetables served daily
Theme: Southwest	Cuban Mojo Roasted Pork Loin Taco Beef / Taco Turkey
American 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: Indian	Chicken Tikka Masala Beef Vindaloo, Chana Masala
<i>Native American Heritage Month</i>	Pueblo Indian Pork Roast, Poyha Cherokee Chicken

Wednesday

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

Thursday

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

Friday

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

Monday

Vegetable Bar

An assortment of fresh vegetables served daily.

Theme Bar: Southwest

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

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

Native American Heritage Month

Pueblo Indian Pork Roast

Poyha

Cherokee Chicken

Acorn Squash with Wild Mushrooms and Cranberries

Indian Fry Bread

Woodland Wild Rice

Corn on the Cob

Sweet Potato Bread

Wednesday

Vegetable Bar

An assortment of fresh vegetables served daily.

Theme Bar: Asian

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

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

Vegetable 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

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