

OHB Main Café

Menu for the Week of
01/23/17

Freshly Prepared

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

Root Vegetables & Tubers

Roasted Root Vegetable
Medley
\$0.44 per ounce



Chinese New Year

Celebrate the Year of the
Rooster with us on
Wednesday, January 25th

Served at

Burritos or Bowls
Made to Order

Healthy & Allergen Free
Cuisine

Breakfast

6:30 am – 9:30 am

Continental Breakfast

9:30 am – 11:00 am

Lunch & Snacks

11:00 am – 2:00 pm

Monday

Breakfast	Blueberry Pancakes with Bacon	\$3.99	(b)(4)
<input type="checkbox"/>	Roasted Eggplant & Peppers with Hummus (v)	\$6.09	
<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	
<input type="checkbox"/>	Pho (Vegetarian or with Beef, Chicken, or Pork)	\$5.99/\$6.99	(b)(4)
<input type="checkbox"/>	Chili Pepper Cheesesteak (Regular/Large)	\$6.99/\$8.99	
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	
<input type="checkbox"/>	Please see page 2	\$0.44/oz.	(b)(4)

Thursday

Breakfast	Nutella Stuffed French Toast with Berries	\$3.99	(b)(4)
<input type="checkbox"/>	Sliced Cuban Pork Sandwich	\$6.49	
<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	(b)(4)
Soup	Chicken Tortilla (12 oz. / 16 oz.)	\$1.89/\$2.39	
<input type="checkbox"/>	Please see page 2	\$0.44/oz.	(b)(4)

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"/>	Spinach & Goat Cheese Cheesesteak (Regular/Large)	\$6.99/\$8.99	
Soup	Minestrone (v) (12 oz. / 16 oz.)	\$1.89/\$2.39	
<input type="checkbox"/>	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

Monday

 Vegetable Bar An assortment of fresh vegetables served daily

 Theme: Southwest Chicken Fajitas, Enchiladas with Salsa Roja
Carne Guisada

 American Classics Beef Stew with Frizzled Onions, Manicotti with Marinara Sauce
Pan-Seared Chicken Breast with Mushrooms and Pearl Onions
Tuesday

 Vegetable Bar An assortment of fresh vegetables served daily

 Theme: Indian Chicken Makhni, Spicy Rogan Josh Beef
Saag Panner with Tofu

 American Classics BBQ Chicken Quarters, BBQ Brisket
Memphis Pulled Pork
Wednesday

 Vegetable Bar An assortment of fresh vegetables served daily

 Theme: *Chinese New Year* General Tso Chicken, Vegetable Lo-Mein
Beef & Broccoli

 American Classics Fried Fish and Chips, Broiled Cod
Herb and Pepper Crusted Roast Beef, Chicken Pot Pie
Thursday

 Vegetable Bar An assortment of fresh vegetables served daily

 Theme: Italian Chicken Cacciatore, Cheese Ravioli with Alfredo Sauce and Basil
Eggplant Parmesan, Roasted Chicken Breast with Pappardelle

 American Classics Roasted Turkey Breast, Beef Stew
Honey Glazed Ham with Pineapple Sauce
Friday

 Vegetable Bar An assortment of fresh vegetables served daily

 Theme: Mediterranean Lemon Herbed Chicken, Stuffed Peppers
Mediterranean Fettuccini with Shrimp and Spinach

 American Classics Garlic Roasted Wings, Spicy Buffalo Wings
Teriyaki Glazed Wings, Zesty BBQ Wings

Monday

Vegetable Bar

An assortment of fresh vegetables served daily.

Theme Bar: Southwest

Chicken Fajitas

Enchiladas with Salsa Roja

Carne Guisada

Cilantro Rice

Rice and Beans

Sweet Plantains

Fried Yucca

Fajita Peppers and Onions

Comfort Food: American Classics

Beef Stew with Frizzled Onions

Manicotti with Marinara Sauce and Mozzarella Cheese

Pan-Seared Chicken Breast with Mushrooms and Pearl Onions

Mashed Potatoes and Gravy

Macaroni and Cheese

Steamed Broccoli

Roasted Baby Carrots

Dessert: Bread Pudding

Tuesday

Vegetable Bar

An assortment of fresh vegetables served daily.

Theme Bar: Indian

Chicken Makhni

Spicy Rogan Josh Beef

Saag Panner with Tofu

Chana Masala / Vegetarian Dhal

Bombay Potatoes

Roasted Eggplant with Roasted Red Peppers

Garlic Naan Bread

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

Comfort Food: American Classics

BBQ Chicken Quarters

Memphis Pulled Pork

BBQ Brisket

Roasted Cornbread Stuffing

Glazed Carrots

Steamed Green Beans

BBQ Baked Beans

Dessert: Apple Cobbler

Wednesday

Vegetable Bar

An assortment of fresh vegetables served daily.

Theme Bar: Chinese New Year

General Tso Chicken

Beef & Broccoli

Vegetable Lo-Mein

Fried Rice

Steamed Bok Choy

Chinese Green Beans

Sautéed Eggplant in Black Bean Sauce

Fortune Cookies

Comfort Food: American Classics

Fried Fish and Chips

Broiled Cod

Herb and Pepper Crusted Roast Beef

Chicken Pot Pie

Chili Beef Macaroni

Hush Puppies

Roasted Roma Tomatoes

Dessert: Pumpkin Bread Pudding

Thursday

Vegetable Bar

An assortment of fresh vegetables served daily.

Theme Bar: Italian

Chicken Cacciatore

Eggplant Parmesan

Cheese Ravioli with Alfredo Sauce and Basil

Roasted Chicken Breast with Pappardelle with Mushroom Sauce

Zucchini and Squash

Italian Green Beans

Whole Wheat Penne with Marinara Sauce and Basil

Garlic Bread

Comfort Food: American Classics

Roasted Turkey Breast

Beef Stew

Honey Glazed Ham with Pineapple Sauce

Herb Roasted Potatoes

Steamed Baby Carrots

Creamy Mashed Potatoes / Gravy

Garlic Roasted Brussel Sprouts

Dessert: Cherry Cobbler

Friday

Vegetable Bar

An assortment of fresh vegetables served daily.

Theme Bar: Mediterranean

Lemon Herbed Chicken

Stuffed Peppers

Mediterranean Fettuccini with Shrimp and Spinach

Roasted Eggplant with Chickpeas and Tomatoes

Sautéed Onions and Peppers

Red Pepper Couscous

Turkey Quinoa with Mozzarella Cheese and Roasted Tomatoes

Cauliflower with Feta Cheese

Comfort Food: American Classics

Garlic Roasted Wings

Spicy Buffalo Wings

Teriyaki Glazed Wings

Zesty BBQ Wings

Macaroni and Cheese

Baked Beans

Corn on the Cob

Dessert: Peach Cobbler

Daily Hot Proteins

Herb Marinated Grilled Chicken Breast

Herb Marinated Chicken Thighs

Fried Chicken Tenders

Grilled Montreal Steak

Buffalo Chicken Tenders