

**HEALTH & WELLNESS EVENTS**

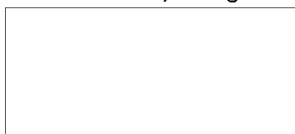
**OHB Main Café**

Menu for the Week of  
12/04/17

(b)(4)

**Wednesday, December 6<sup>th</sup>**  
11am – 1pm

A Healthy Approach to  
Holiday Eating

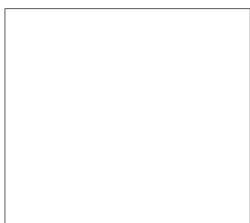


**Salad Bar with Fresh  
Fruits, Vegetables, &  
Whole Grains**

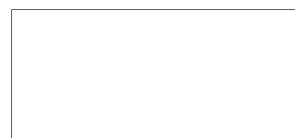
\$0.48 per ounce



Burritos or Bowls  
Made to Order



Healthy & Allergen Free  
Cuisine



**Chicken or Pork** \$6.75  
**Beef** \$7.75  
**Shrimp** \$8.75  
**Tofu** \$5.75  
**Vegetable** \$4.75

**Café Hours of Operation**

6:30 am – 2:00 pm

**Breakfast**

6:30 am – 9:30 am

**Continental Breakfast**

9:30 am – 11:00 am

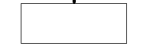
**Lunch & Snacks**

11:00 am – 2:00 pm

**Monday**

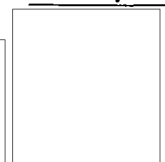


**Soup**

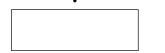


Turkey, Avocado, & Goat Cheese Panini	\$6.80
Pho (Beef or Tofu)	\$6.49/\$7.49 (b)(4)
Smashed Reuben Burgers	\$6.99
Chicken Enchilada	\$7.49
Rosemary Chicken (G:F), Grilled Salmon with Mango Salsa (G:F)	\$5.25/\$7.25
Beef & Noodle, Cream of Broccoli (V), Beef Chili (12 oz./16 oz.)	\$2.59/\$3.15
Please See Page 2	\$0.48/oz. (b)(4)

**Tuesday**

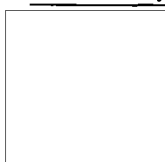


**Soup**

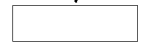


Turkey, Avocado, & Goat Cheese Panini	\$6.80
Pad Thai (Shrimp, Chicken, or Tofu)	\$6.49/\$7.49 (b)(4)
Smashed Reuben Burgers	\$6.99
Chicken Enchilada	\$7.49
Herb Roasted Cod (G:F), Pumpkin Risotto (G:F, V, VG)	\$7.25/\$5.25
Chicken Tortilla, Tomato Bisque (V), Beef Chili (12 oz./16 oz.)	\$2.59/\$3.15
Please See Page 2	\$0.48/oz. (b)(4)

**Wednesday**

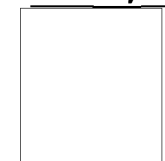


**Soup**

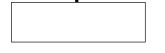


Turkey, Avocado, & Goat Cheese Panini	\$6.80 (b)(4)
Pho (Chicken or Tofu)	\$6.49/\$7.49 (b)(4)
Smashed Reuben Burgers	\$6.99
Chicken Enchilada	\$7.49
Argentinian Flank Steak with Chimichurri Sauce (G:F), Lemon Dill Haddock (G:F)	\$6.25/\$7.25
Chipotle Cream of Tomato (V), Beef & Lentils, Beef Chili (12 oz./16 oz.)	\$2.59/\$3.15
Please See Page 2	\$0.48/oz. (b)(4)

**Thursday**



**Soup**

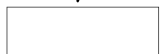


Turkey, Avocado, & Goat Cheese Panini	\$6.80
Pad Thai (Shrimp, Chicken, or Tofu)	\$6.49/\$7.49 (b)(4)
Smashed Reuben Burgers	\$6.99
Chicken Enchilada	\$7.49 (b)(4)
Lentil, Chard, & Sweet Potato Curry (G:F, V, VG), Grilled Chili Lime Chicken (G:F)	\$5.25
Kale Soup (V, VG), Curry Cilantro Chicken, Beef Chili (12 oz./16 oz.)	\$2.59/\$3.15
Please See Page 2	\$0.48/oz. (b)(4)

**Friday**



**Soup**



Turkey, Avocado, & Goat Cheese Panini	\$6.80
Pho (Shrimp or Tofu)	\$6.49/\$7.49 (b)(4)
Smashed Reuben Burgers	\$6.99
Chicken Enchilada	\$7.49
Grilled Tuna Tacos (G:F), Chicken with Orange Marmalade (G:F)	\$7.25/\$5.25
Fish Corn Chowder, Chef's Choice, Beef Chili (12 oz./16 oz.)	\$2.59/\$3.15
Please See Page 2	\$0.48/oz. (b)(4)










Legendary Hospitality Since 1917









# OHB Menu

\$0.48 per ounce









## Monday

<b>Vegetable Bar</b>	An assortment of fresh vegetables served daily	
<b>Entrées</b>	Chicken Cacciatore Shrimp & Asparagus Risotto Red Curry Pork Vietnamese Style Chicken	Winter Beef Stew Chicken Parmesan with Spaghetti & Garlic Bread Vegetable Kabob 
<b>Sides</b>	Sautéed Spinach  Eggplant Gratin  Orange & Thyme Glazed Carrots 	Roasted Red-Skin Potatoes  White Rice  Cauliflower with Garlic Crumbs 








## Tuesday

<b>Vegetable Bar</b>	An assortment of fresh vegetables served daily	
<b>Entrées</b>	Sweet & Sour Meatballs Pork Loin Stuffed with Apples & Cranberries Chicken Tandoori Slow Roasted Beef Brisket	Moroccan Fish Tagine with Cod Rigatoni Pasta with Sautéed Leeks & Mushrooms  Vegetable Paella 
<b>Sides</b>	Couscous  Potato Gratin  Steamed Broccoli 	Mashed Sweet Potatoes with Maple Syrup  Basmati Rice  Roasted Tomato with Parmesan Cheese 







## Wednesday

<b>Vegetable Bar</b>	An assortment of fresh vegetables served daily	
<b>Entrées</b>	Herb Crusted Tilapia Beef Goulash Spaghetti Pasta with Meatballs & Garlic Bread Chicken Shish Kabob	Thai Beef Curry with Chutney Gnocchi with Tomato Basil Sauce  Angel Hair Pomodoro 
<b>Sides</b>	Cajun Roasted Potatoes  Roasted Butternut Squash  Cumin & Tomato Cauliflower 	Eggplant Stew  Green Beans with Crispy Onions  Saffron Rice 

## Thursday

<b>Vegetable Bar</b>	An assortment of fresh vegetables served daily	
<b>Entrées</b>	Herb Roasted Turkey Breast Grilled Pork Chop with Pan Gravy Beef Bourguignon Tuscan Roasted Chicken	Chicken Marsala Herb Crusted Beef Pot Roast Sundried Tomato Risotto 
<b>Sides</b>	Roasted Pumpkin with Garlic  Roasted Potatoes with Fennel  Steamed Green Beans 	Roasted Brussels Sprouts with Red Onions  Brown Rice  Cranberry & Sage Stuffing 

## Friday

<b>Vegetable Bar</b>	An assortment of fresh vegetables served daily	
<b>Entrées</b>	Pulled BBQ Pork Sliders Chicken Cashew Stir-fry Blackened Catfish Smoked BBQ Beef Brisket	Sweet & Spicy Sticky Wings, BBQ Wings Hot Wings, Mild Wings Three Cheese Lemon Spaghetti 
<b>Sides</b>	Garlic Mashed Potatoes  Baked Beans  Fried Okra 	Sautéed Collard Greens  Sweet Plantains  Mac & Cheese 