

OHB Main Café

Menu for the Week of
01/30/17

(b)(4)

Freshly Prepared

At

Roasted Sweet
Potatoes (v)
\$0.44 per ounce

**Root Vegetables &
Tubers**

Roasted Root
Vegetable Medley
\$0.44 per ounce

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	Orange Scented French Toast (v) (h)	\$3.99
<input type="text"/>	Chicken & Green Chili Quesadilla	\$6.49
<input type="text"/>	Beef & Broccoli	\$6.99 (b)(4)
<input type="text"/>	Provolone and Caramelized Onion Cheesesteak (Regular/Large)	\$6.99/\$8.99
Soup	Cuban Black Bean (v) (12 oz. / 16 oz.)	\$1.89/\$2.39
<input type="text"/>	Please see page 2	\$0.44/oz. (b)(4)

Tuesday

Breakfast	Farmer's Breakfast Casserole	\$3.99
<input type="text"/>	Honey Ham, Garlic Spinach & Provolone	\$6.49
<input type="text"/>	Pho (Vegetarian or with Beef, Chicken, or Pork)	\$5.99/\$6.99 (b)(4)
<input type="text"/>	Chili Pepper Cheesesteak (Regular/Large)	\$6.99/\$8.99
Soup	Corn Chowder (v) (12 oz. / 16 oz.)	\$1.89/\$2.39
<input type="text"/>	Please see page 2	\$0.44/oz. (b)(4)

Wednesday

Breakfast	Chorizo & Egg Breakfast Pizza	\$3.99
<input type="text"/>	Pastrami Reuben	\$6.49
<input type="text"/>	Pad Thai with Shrimp	\$6.99 (b)(4)
<input type="text"/>	Roasted Garlic & Mushroom Cheesesteak (Regular/Large)	\$6.99/\$8.99
Soup	Chicken Noodle (12 oz. / 16 oz.)	\$1.89/\$2.39 (b)(4)
<input type="text"/>	Please see page 2	\$0.44/oz. (b)(4)

Thursday

Breakfast	Apple Stuffed Whole Wheat Pancakes (v)	\$3.99
<input type="text"/>	Bistro Ham & Swiss Flat Bread	\$6.49
<input type="text"/>	Pho (Vegetarian or with Beef, Chicken, or Pork)	\$5.99/\$6.99 (b)(4)
<input type="text"/>	Spicy Italian Cheesesteak (Regular/Large)	\$6.99/\$8.99 (b)(4)
Soup	Italian Wedding (12 oz. / 16 oz.)	\$1.89/\$2.39
<input type="text"/>	Please see page 2	\$0.44/oz. (b)(4)

Friday

Breakfast	Turkey Sausage Breakfast Biscuit Pocket	\$3.99
<input type="text"/>	Grilled Chicken with Tomato & Cheddar	\$6.49
<input type="text"/>	Mongolian Beef	\$6.99 (b)(4)
<input type="text"/>	Spinach & Goat Cheese Cheesesteak (Regular/Large)	\$6.99/\$8.99
Soup	Garden Vegetable (v) (12 oz. / 16 oz.)	\$1.89/\$2.39
<input type="text"/>	Please see page 2	\$0.44/oz. (b)(4)

(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: Caribbean	Jamaican Jerk Fish with Black Beans and Rice with Corn Relish Calypso Spicy Pineapple Chicken
American Classics	Meatballs with Lemon Caper Sauce, Grilled Cheese Buffalo Chicken Dip with Chips

Tuesday

Vegetable Bar	An assortment of fresh vegetables served daily
Theme: Indian	Garam Masala Chicken, Beef Makhni Yellow Curry Tilapia with Pineapple
American Classics	Country Fried Steak Sausage Jambalaya

Wednesday

Vegetable Bar	An assortment of fresh vegetables served daily
Theme: Asian	Spicy Singapore Chicken, Mushroom Ginger Pork Sweet and Sour Spare Ribs
American Classics	Texas Road House Stew with Noodles, BBQ Pulled Pork Chicken and Dumplings

Thursday

Vegetable Bar	An assortment of fresh vegetables served daily
Theme: Italian	Pork Piccata with Lemons and Capers, Whole Wheat Penne with Marinara Chicken with Mushrooms, Italian Sausage with Peppers and Onions
American Classics	Roasted Turkey Breast, Marinated Chicken Breast with Mushroom Sauce Beef Pot Pie

Friday

Vegetable Bar	An assortment of fresh vegetables served daily
Theme: Mediterranean	Chicken Florentine, Moussaka Baked Citrus Herb Cod, Spanakopita
American Classics	Cajun Roasted Jumbo Wings, Asian Teriyaki Garlic Wings Spicy Buffalo Wings, Carolina Style BBQ Wings

Monday

Vegetable Bar

An assortment of fresh vegetables served daily.

Theme Bar: Caribbean

Jamaican Jerk Fish with Black Beans and Rice with Corn Relish

Calypso Spicy Pineapple Chicken

Coconut Rice and Beans

Mashed Yucca with Garlic

Sweet Roasted Potatoes

Plantains

Caribbean Succotash

Dessert: Key Lime Pudding

Comfort Food: American Classics

Meatballs with Lemon Caper Sauce

Grilled Cheese

Buffalo Chicken Dip with Chips

Yukon Mashed Potatoes

Sweet Potato Fries

Roasted Brussel Sprouts

Cheese Cauliflower

Dessert: Cherry Cobbler

Tuesday

Vegetable Bar

An assortment of fresh vegetables served daily.

Theme Bar: Indian

Garam Masala Chicken

Beef Makhni

Yellow Curry Tilapia with Pineapple

Brown Rice

Chana Masala

Tarka Dhal

Cauliflower with Shredded Ginger

Roasted Corn with Peppers

Comfort Food: American Classics

Country Fried Steak

Sausage Jambalaya

Baked Beans

Cajun Rice

Roasted Mixed Vegetables

Cheese Grits

Cream of Spinach

Dessert: Apple Cobbler

Wednesday

Vegetable Bar

An assortment of fresh vegetables served daily.

Theme Bar: Asian

Spicy Singapore Chicken

Sweet and Sour Spare Ribs

Mushroom Ginger Pork

White Rice

Vegetable Stir Fry

Pad Thai Noodles

Fried Sesame Green Beans

Chop Suey

Comfort Food: American Classics

Texas Road House Stew with Noodles

BBQ Pulled Pork / Hamburger Buns

Chicken and Dumplings

Loaded Twice Baked Potatoes

Cheese Cauliflower

Roasted Root Vegetables

Braised Cabbage with Crispy Bacon

Steamed Vegetable Medley

Thursday

Vegetable Bar

An assortment of fresh vegetables served daily.

Theme Bar: Italian

Pork Piccata with Lemons and Capers

Roasted Chicken with Sautéed Mushrooms and Caramelized Onions

Italian Sausage with Sautéed Peppers and Onions

Whole Wheat Penne / Marinara

Eggplant Parmesan

Lemon Caper Orzo with Herbs and Tomato

Roasted Zucchini and Squash

Roasted Spaghetti Squash

Comfort Food: American Classics

Roasted Turkey Breast

Beef Pot Pie

Herb Marinated Chicken Breast with Mushroom Sauce

Garlic Roasted Potatoes

Green Bean Casserole

Mashed Sweet Potatoes

Roasted Brussel Sprouts

Dessert: Blackberry Cobbler

Friday

Vegetable Bar

An assortment of fresh vegetables served daily.

Theme Bar: Mediterranean

Chicken Florentine

Baked Citrus Herb Cod

Moussaka

Spanakopita

Vegetable Couscous

Mediterranean Stuffed Cabbage

Cauliflower / Almonds / Raisins

Sautéed Onions and Peppers

Comfort Food: American Classics

Cajun Roasted Jumbo Wings

Spicy Buffalo Wings

Asian Teriyaki Garlic Wings

Carolina Style BBQ Wings

Macaroni and Cheese

Creamy Mashed Potatoes

Roasted Vegetables

Glazed Beets

Daily Hot Proteins

Herb Marinated Grilled Chicken Breast

Herb Marinated Chicken Thighs

Fried Chicken Tenders

Grilled Montreal Steak

Buffalo Chicken Tenders