

OHB Main Café

Menu for the Week of
08/29/16

(b)(4)

Freshly Prepared

At

Fennel & Artichoke
Salad (v) (h) & Corn &
Black Bean
Salad (v) (h)
\$0.44 per ounce

**August 29th is
More Herbs Less Salt Day**

Served at

Pesto Grilled Chicken Breast,
Rosemary Roasted Potatoes,
Fresh Basil Ratatouille,
Roasted Corn with Cilantro
\$0.44 per ounce

**The Feature
For August is**

Whole Wheat Pasta
Whole Wheat Chicken &
Broccoli Pasta Bake
served at

\$4.99

Beef Tostada Pizza
with Roasted Corn &
Cilantro
served at

\$5.69

**Coming on Monday,
August 29th**

Sandwiches, Salads, &
Portion Cups

Burritos or Bowls
Made to Order

Fresh Fish and Crab Cake
With an Asian Flair

Noodle Bar

Offered Daily
**Curry, Sapporo
Or Shio Ramen
Beef, Chicken,
Pork or Combo**

\$6.99

Tofu or Vegetable (v)

\$5.99



Monday

Breakfast

Buttermilk Pancake with Berries (v) \$3.99
Fresh Mozzarella, Roma Tomato & Basil (v) \$6.09
Beef & Broccoli \$6.99 (b)(4)
Brie and Caramelized Onion Cheesesteak (Regular/Large) \$6.99/\$8.99
Tomato Basil (v) (12 oz. / 16 oz.) \$1.89/\$2.39
Please see page 2 \$0.44/oz. (b)(4)

Soup

Tuesday

Breakfast

Sausage, Egg & Cheddar Country Skillet \$3.99
Ambassador Club \$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 (b)(4)
Bean & Ham (12 oz. / 16 oz.) \$1.89/\$2.39
Please see page 2 \$0.44/oz. (b)(4)

Soup

Wednesday

Breakfast

Egg White Vegetable Scramble with Pico de Gallo \$3.99 (b)(4)
Chicken, Sun Dried Tomato & Chipotle \$6.49 (b)(4)
Pad Thai with Shrimp \$6.99 (b)(4)
Roasted Garlic & Mushroom Cheesesteak (Regular/Large) \$6.99/\$8.99
Italian Wedding (12 oz. / 16 oz.) \$1.89/\$2.39
Please see page 2 \$0.44/oz. (b)(4)

Soup

Thursday

Breakfast

Farmer's Breakfast Casserole \$3.99 (b)(4)
Chicken Caesar Ciabatta \$6.99 (b)(4)
Pho (Vegetarian or with Beef, Chicken, or Pork) \$5.99/\$6.99 (b)(4)
Spicy Italian Cheesesteak (Regular/Large) \$6.99/\$8.99
Three Bean Chili (v) (12 oz. / 16 oz.) \$1.89/\$2.39
Please see page 2 \$0.44/oz. (b)(4)

Soup

Friday

Breakfast

Turkey Bacon & Tomato Breakfast Tart \$3.99 (b)(4)
Roast Beef, Brie & Caramelized Onions \$6.49 (b)(4)
Mongolian Beef \$6.99 (b)(4)
Spinach & Goat Cheese Cheesesteak (Regular/Large) \$6.99/\$8.99 (b)(4)
New England Clam Chowder (12 oz. / 16 oz.) \$1.89/\$2.39
Please see page 2 \$0.44/oz. (b)(4)

Soup

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

(h) Healthy Course Selection

(v) Vegetarian

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

(b)(4)

OHB Menu

\$.44 an ounce

(b)(4)

Monday

Healthy Course	Spiced Red Lentils with Asparagus and Watercress Grilled Braised Chicken with Preserve Lemon and Olives
Theme Bar	Peruvian Chicken Quarters, Beef Tamales Carne Asada with Chimichurri Sauce
Comfort Classics	Jerk Spiced Smoked Turkey Breast, Carved Beef Brisket Fried Chicken, Rotisserie Chicken

Tuesday

Healthy Course	Roasted Pork Loin with Black Bean Relish Quinoa with Garlic Cake and Poblano Peppers
Theme Bar	Madras Fish Curry, Pork Makhni, Saag Paneer with Tofu Grilled Chicken with Caramelized Onions and Cardamom Rice
Comfort Classics	Grilled Turkey Cutlet with Sundried Tomato and Oregano Butter BBQ Pulled Pork, Baked Stuffed Eggplant with Tomato and Onions

Wednesday

Healthy Course	Shrimp Skewers with Golden Beets and Oranges Pork Shoulder with Hominy and Ancho Chili
Theme Bar	Chicken Teriyaki with Bok Choy, Shrimp and Snow Peas General Tso's Beef
Comfort Classics	Spicy Buffalo wings, Carolina Style BBQ Wings Asian Teriyaki Glazed Wings, Cajun Roasted Wings

Thursday

Healthy Course	Roasted Lamb with Fig Walnut and Goat Cheese Five Spiced Pepper Steak
Theme Bar	Orecchiette with Italian Sausage and Broccoli Rabe Chicken Milanese with Arugula & Tomato Cheese Ravioli with Alfredo Sauce, Pesto Chicken with Pasta
Comfort Classics	Carved Roasted Turkey Breast (Airline breast), Glazed Baked Spiral Ham Ancho Rubbed Beef Brisket with Root vegetables and Polenta

Friday

Healthy Course	Almond Crusted Pork Tenderloin Seared Tilapia with Avocado Salsa
Theme Bar	Seared Salmon over Eggplant Puree, Chicken Souvlaki Pistachio Lamb with Tomato and Feta
Comfort Classics	Cajun Style Tilapia with Pineapple Salsa Chicken Francoise with Julienne Vegetables Mandarin Spiced Pork Spinach Lasagna



OHB Hot Bar Week 4 Menu

(b)(4)

Healthy Course Menu – Monday

Spiced Red Lentils with Asparagus and Watercress

Grilled Braised Chicken with Preserve Lemon and Olives

Brown Rice

Roasted Cauliflower with Fresh Herbs and Almonds

Steamed Green Beans

Theme bar “Latin Style” – Monday

Peruvian Chicken Quarters

Carne Asada with Chimichurri Sauce

Beef Tamales

Plantains with Sour Cream

Brown Rice/Spanish Rice

Calabasa Verdes (Roasted Zucchini)

Fajitas Roasted Vegetables

Hot Desserts: Mexican Rice Pudding

Comfort Food/American Classics - Monday

Jerk Spiced Smoked Turkey Breast

Carved Beef Brisket

Fried Chicken

Rotisserie Chicken

Penne Pasta with Parmesan Cheese

Yukon Gold Mashed Potatoes

Green Beans with Toasted Almonds

Collard Greens

Healthy Course Menu – Tuesday

Roasted Pork Loin with Black Bean Relish

Quinoa with Garlic Cake and Poblano Peppers

Baked Barley with Shiitake Mushrooms

Roasted Eggplant

Roasted Tomatoes

Theme Bar Indian Style – Tuesday

Madras Fish Curry

Pork Makhni

Grilled Chicken with Caramelized Onions and Cardamom Rice

Saag Paneer with Tofu

Chana Masala (V)

Vegetarian Taarka Dhal

Basmati Rice

Mixed Vegetable Curry

Garlic Naan Bread

Accompaniments: Corn Bhutta, Raita Cucumber Sauce, Spicy Cilantro Chutney

Comfort Food/American Classics - Tuesday

Grilled Turkey Cutlet with Sundried Tomato and Oregano Butter

BBQ Pulled Pork

Baked Stuffed Eggplant with Tomato and Onions

Creamy Scalloped Potatoes

Garlic Roasted Potatoes

Cream Spinach

Ratatouille

Peas and Carrots

Healthy Course Menu – Wednesday

Shrimp Skewers with Golden Beets and Oranges

Pork Shoulder with Hominy and Ancho Chili

Jack Cheese Polenta

Wilted Spinach and Tomatoes

Spiced Carrots and Parsnips

Theme Bar “Asian Style” – Wednesday

Chicken Teriyaki with Bok Choy

Shrimp and Snow Peas

General Tso Beef

Jasmine rice

Brown Rice

Crispy Caramelized Noodles

Spring rolls / Dumplings

Snap Peas

Comfort Food/“Wings” – Wednesday

Spicy Buffalo wings

Carolina Style BBQ Wings

Asian Teriyaki Glazed Wings

Cajun Roasted Wings

BBQ Baked Beans

Roasted Corn

Parmesan Roasted Potatoes

Mac and Cheese

Hot Dessert: Peach Cobbler

Healthy Course Menu – Thursday

Roasted Lamb with Fig Walnut and Goat Cheese

Five Spiced Pepper Steak

Creamy Lemon Orzo

Roasted Corn

Broccoli and Red Peppers

Theme Bar Italian – Thursday

Orecchiette with Italian Sausage and Broccoli Rabe

Chicken Milanese with Arugula & Tomato

Cheese Ravioli with Alfredo Sauce

Pesto Chicken with Pasta

Roasted Zucchini

Dill Glazed Carrots

Roasted Red and Golden Beets

Steamed Broccolini

Comfort Food/"Turkey" – Thursday

Carved Roasted Turkey Breast (Airline breast)

Ancho Rubbed Beef Brisket with Root vegetables and Polenta

Glazed Baked Spiral Ham

Parmesan Roasted Potatoes

Roasted Brussel Sprouts

Polenta

Root Vegetables

Desserts: Tapioca Pudding

Healthy Course Menu – Friday

Almond Crusted Pork Tenderloin

Seared Tilapia with Avocado Salsa

Cajun Roasted Potatoes

Peas and Onions

Stewed Okra

Theme Bar Mediterranean Style – Friday

Seared Salmon over Eggplant Puree

Chicken Souvlaki

Pistachio Lamb with Tomato and Feta

Brown Rice

Israeli Couscous

Greek Style Potato Salad

Green Beans with Roasted Onions

Peppers and Onions

Comfort Food/American Classics – Friday

Cajun Style Tilapia with Pineapple Salsa

Chicken Francoise with Julienne Vegetables

Mandarin Spiced Pork

Spinach Lasagna

Garlic Mashed Potato

Steamed Broccoli and Red Peppers

Chili Glazed Sweet Potatoes

Sautéed kale

Salad Bar Hot Proteins – Monday – Friday

Herb Marinated Grilled Chicken Breast

Herb Marinated Chicken Thighs

Fried Chicken Tenders

Grilled Steak

Buffalo Chicken Tenders