

OHB Main Café

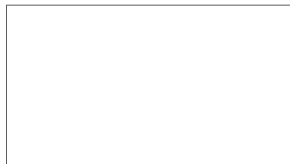
Menu for the Week of
03/26/18

(b)(4)

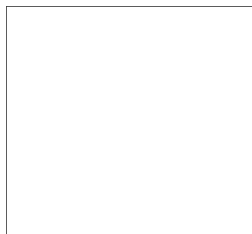


Salad Bar with Fresh Fruits, Vegetables, & Whole Grains

\$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



Served on Tuesdays, Wednesdays, and Thursdays next to

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



GUEST SERVICES

escondido.org/hospital/foodservices

Monday

	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
	Herb Roasted Cod (G:F), Pumpkin Risotto (G:F) (Vegan)	\$7.25/\$5.25
Soup	Beef & Noodle, Cream of Broccoli (V)	\$2.59/\$3.15 (b)(4)
Chili	Beef Chili (12 oz./16 oz.)	\$2.80/\$3.39

Tuesday

	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)
	Rosemary Chicken (G:F), Grilled Salmon with Mango Salsa (G:F)	\$5.25/\$7.25
Soup	Chicken Tortilla, Tomato Bisque (V)	\$2.59/\$3.15
Chili	Beef Chili (12 oz./16 oz.)	\$2.80/\$3.39

Wednesday

	Turkey, Avocado, & Goat Cheese Panini	\$6.80
	Pho (Chicken or Tofu)	\$6.49/\$7.49 (b)(4)
	Smashed Reuben Burgers	\$6.99
	Chicken Enchilada	\$7.49 (b)(4)
	Flank Steak with Chimichurri (G:F), Lentil, Chard, & Sweet Potato Curry (G:F) (Vegan)	\$6.25/\$5.25
Soup	Chipotle Cream of Tomato (V), Beef & Lentils (12 oz./16 oz.)	\$2.59/\$3.15
Chili	Beef Chili (12 oz./16 oz.)	\$2.80/\$3.39

Thursday

	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)
	Lemon Dill Haddock (G:F), Grilled Chili Lime Chicken (G:F)	\$5.25/\$5.25
Soup	Kale Soup (Vegan), Curry Cilantro Chicken (12 oz./16 oz.)	\$2.59/\$3.15
Chili	Beef Chili (12 oz./16 oz.)	\$2.80/\$3.39

Friday

	Turkey, Avocado, & Goat Cheese Panini	\$6.80 (b)(4)
	Pho (Shrimp or Tofu)	\$6.49/\$7.49 (b)(4)
	Smashed Reuben Burgers	\$6.99
	Chicken Enchilada	\$7.49
	Grilled Tuna Tacos (G:F), Polenta Rounds with Marinara (G:F) (Vegan)	\$7.25/\$5.25
Soup	Fish Corn Chowder, Chef's Choice (12 oz./16 oz.)	\$2.59/\$3.15
Chili	Beef Chili (12 oz./16 oz.)	\$2.80/\$3.39



Vegetarian



Vegan



Gluten-Free






Our kitchen is not a gluten-free or allergen-free environment. All gluten-free menu items were determined based on the most current ingredient lists provided by our suppliers. This kitchen uses wheat flour and other wheat-based ingredients during production of other menu items. Our operation shares preparation, cooking, and serving areas, and designated gluten-free areas do not exist. Therefore, we cannot guarantee that any menu item is completely gluten-free or allergen-free.

OHB Menu






(b)(4)

\$0.48 per ounce







Monday

Vegetable Bar	An assortment of fresh vegetables served daily	
Entrées	Sweet & Sour Meatballs	Moroccan Fish Tagine with Cod
	Chicken Tandoori	Thai Beef Curry with Chutney
	Red Curry Pork	Vegetable Biryani 
	Vietnamese Style Chicken	
Sides	Eggplant Gratin 	Basmati Rice 
	Chickpea Masala 	Cumin & Tomato Cauliflower 






Tuesday

Vegetable Bar	An assortment of fresh vegetables served daily	
Entrées	Gnocchi with Tomato Basil Sauce 	Chicken Parmesan with Spaghetti & Garlic Bread
	Spaghetti & Meatballs Marinara	Shrimp & Asparagus Risotto
	Tuscan Roasted Chicken	Herb Crusted Beef Pot Roast
Sides	Sautéed Spinach 	Roasted Tomato with Parmesan Cheese 
	Potato Gratin 	Orange & Thyme Glazed Carrots 




Wednesday

Vegetable Bar	An assortment of fresh vegetables served daily	
Entrées	Herb Crusted Tilapia	Winter Beef Stew
	Chicken Shish Kabob	Rigatoni Pasta with Sautéed Leeks & Mushrooms 
	Grilled Pork Chop with Pan Gravy	Vegetable Paella 
	Chicken Cacciatore	
Sides	Roasted Brussels Sprouts with Red Onions 	Eggplant Stew 
	Roasted Butternut Squash 	Green Beans with Crispy Onions 

Thursday

Vegetable Bar	An assortment of fresh vegetables served daily	
Entrées	Herb Roasted Turkey Breast	Chicken Marsala
	Pork Loin Stuffed with Apples & Cranberries	Sundried Tomato Risotto 
	Beef Bourguignon	Grilled Salmon with Pepper Cream Sauce
Sides	Garlic Mashed Potatoes 	Roasted Winter Vegetables 
	Roasted Potatoes with Fennel 	Cranberry & Sage Stuffing 

Friday

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