

Freshly Prepared

At

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

Melon Mondays
 Cantaloupe Honey Mint
 Aqua Fresca
 \$1.79 for 20oz

**The Feature
 For September is Honey**

Honey Granola
 Available at the Oatmeal
 Station



Tuesday - Thursday

Served at
 Bratwurtz
 \$6.99

Wednesday

Served at
 Sauerbraten, Rotkraut,
 Konigberger Klopse
 \$0.44 per ounce



Served at

Kansas City

BBQ Brisket Sandwich
 \$6.99
 vs.

Pittsburg

"Primanti Brothers" Sandwich
 \$6.49

**WOMEN'S HEALTH
 & FITNESS DAY**

Wednesday

Burritos or Bowls
 Made to Order

Healthy & Allergen Free
 Cuisine

Noodle Bar

Offered Daily

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

\$6.99

Tofu or Vegetable (v)

\$5.99



OHB Main Café

Menu for the Week of
 09/26/16

(b)(4)

Monday

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

Tuesday

Breakfast		Sausage, Egg & Cheddar Country Skillet	\$3.99	
<input type="text"/>		Ambassador Club	\$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), <i>Oktoberfest: Bratwurtz</i>	\$6.99/\$8.99	
Soup		Bean & Ham (12 oz. / 16 oz.)	\$1.89/\$2.39	(b)(4)
<input type="text"/>		Please see page 2	\$0.44/oz.	(b)(4)

Wednesday

Breakfast		Egg White Vegetable Scramble with Pico de Gallo	\$3.99	(b)(4)
<input type="text"/>		Chicken, Sun-Dried Tomato & Chipotle	\$6.49	
<input type="text"/>		Pad Thai with Shrimp	\$6.99	(b)(4)
<input type="text"/>		Garlic Mushroom Cheesesteak (Regular/Large), <i>Oktoberfest: Bratwurtz</i>	\$6.99/\$8.99	
Soup		Italian Wedding (12 oz. / 16 oz.)	\$1.89/\$2.39	(b)(4)
<input type="text"/>		Please see page 2	\$0.44/oz.	(b)(4)

Thursday

Breakfast		Farmer's Breakfast Casserole	\$3.99	(b)(4)
<input type="text"/>		Fresh Mozzarella, Roma Tomato & Basil (v)	\$6.09	
<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), <i>Oktoberfest: Bratwurtz</i>	\$6.99/\$8.99	
Soup		Three Bean Chili (12 oz. / 16 oz.)	\$1.89/\$2.39	(b)(4)
<input type="text"/>		Please see page 2	\$0.44/oz.	(b)(4)

Friday

Breakfast		Turkey Bacon & Tomato Breakfast Tart	\$3.99	
<input type="text"/>		Roast Beef, Brie & Caramelized Onions	\$6.49	(b)(4)
<input type="text"/>		Mongolian Beef	\$6.99	(b)(4)
<input type="text"/>		<i>Football Food Friday: BBQ Sandwich, "Primanti Brothers" Sandwich</i>	\$6.99/\$6.49	
Soup		New England Clam Chowder (12 oz. / 16 oz.)	\$1.89/\$2.39	(b)(4)
<input type="text"/>		Please see page 2	\$0.44/oz.	(b)(4)

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)

(b)(4)

OHB Menu

(b)(4)

\$0.44 per ounce

Monday

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

Tuesday

Healthy Course	Roasted Pork Loin with Black Bean Relish Quinoa with Garlic Cake and Poblano Peppers
Theme Bar	Madras Fish Curry, Saag Paneer with Tofu, Pork Makhni Grilled Chicken with Caramelized Onions and Cardamom Rice
Comfort Classics	Grilled Turkey Cutlet with Sun-Dried 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	Sauerbraten, Konigsberger Klopse, Rotkraut, German Potato Salad
Comfort Classics	Cajun Style Tilapia with Pineapple Salsa, Mandarin Spiced Pork Chicken Francoise with Julienne Vegetables, Spinach Lasagna

Thursday

Healthy Course	Roasted Lamb with Fig Walnut & Goat Cheese Five Spiced Pepper Steak
Theme Bar	Orecchiette with Italian Sausage and Broccoli Rabe, Pesto Chicken with Pasta Chicken Milanese with Arugula, Cheese Ravioli with Alfredo Sauce
Comfort Classics	Roasted Turkey 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 Roasted Jumbo Wings, Spicy Buffalo Wings Asian Teriyaki Garlic Wings, Carolina Style BBQ Wings

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

Calabasas 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 “Oktoberfest” – Wednesday

Sauerbraten

Rotkraut

Konigsberger Klopse

Buttered Egg Noodles

German Potato Salad

Roasted Brussel Sprouts

Steamed Carrots with Caraway Seeds

Pumpernickel Bread/Rolls

Comfort Food/American Classics – Wednesday

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

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/"Wings" – Friday

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

Salad Bar Hot Proteins – Monday – Friday

Herb Marinated Grilled Chicken Breast

Herb Marinated Chicken Thighs

Fried Chicken Tenders

Grilled Steak

Buffalo Chicken Tenders