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# OHB Main Café

## Menu for the Week of 09/05/16

### Freshly Prepared

At

Cucumber, Tomato & Feta (v)

\$0.44 per ounce

### National Waffle Week

**Tuesday:** Sweet Potato Waffle

**Wednesday:** Bacon & Smoked Gouda Waffle

**Thursday:** Potato Waffle

**Friday:** Jalapeño Cornbread Waffle  
\$4.19

### The Feature For September is Honey

Honey Granola  
Available at the Oatmeal Station

### Wednesday September 7<sup>th</sup> Hispanic Heritage: Caribbean

Served at

Jerk Fish Sandwich \$6.99

Served at

Cuban Sandwich \$6.49

Served at

Picadillo \$0.44 per ounce

### Football Food Friday

Served at

#### Carolina

Traditional Pulled Pork BBQ with Coleslaw  
\$7.59

vs.

#### Denver

Bud-n-Brats: Grilled Kielbasa with Peppers & Onions  
\$6.99



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

Café Closed, Enjoy Your Holiday



#### Soup



### Tuesday

#### Breakfast

Egg White & Vegetable Scramble with Pico de Gallo (v) (h) \$3.99

Spicy Italian Panini \$6.49

Pho (Vegetarian or with Beef, Chicken, or Pork) \$5.99/\$6.99

Chili Pepper Cheesesteak (Regular/Large) \$6.99/\$8.99

Chicken Gumbo (12 oz. / 16 oz.) \$1.89/\$2.39

Please see page 2 \$0.44/oz. (b)(4)

#### Soup



### Wednesday

#### Breakfast

Cheese Grits with Sausage & Egg Scramble \$3.99

Bistro Chicken Flat Bread \$6.49 (b)(4)

Stir Fry Pork with Vegetables \$5.99

Roasted Garlic & Mushroom Cheesesteak (Regular/Large) \$6.99/\$8.99

Tomato Florentine (v) (12 oz. / 16 oz.) \$1.89/\$2.39

Please see page 2 \$0.44/oz. (b)(4)

#### Soup



### Thursday

#### Breakfast

Nutella Stuffed French Toast with Berries \$3.99

Sliced Cuban Pork Sandwich \$6.49

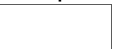
Pho (Vegetarian or with Beef, Chicken, or Pork) \$5.99/\$6.99

Spicy Italian Cheesesteak (Regular/Large) \$6.99/\$8.99

Chicken Tortilla (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

Turkey & Artichoke Flatbread \$6.49

Shrimp with Snow Peas \$6.99

Spinach & Goat Cheese Cheesesteak (Regular/Large) \$6.99/\$8.99

Minestrone (v) (12 oz. / 16 oz.) \$1.89/\$2.39

Please see page 2 \$0.44/oz.

#### 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

# OHB Menu

\$.44 an ounce

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**Monday**


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Healthy Course	Café Closed, Enjoy Your Holiday
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Theme Bar	
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Comfort Classics	
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**Tuesday**


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Healthy Course	Five-Spiced Seared Pork Loin Teriyaki-Glazed Salmon
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Theme Bar	Chicken Tikka Masala Beef Vindaloo
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Comfort Classics	Old Fashioned Meatloaf Turkey and Mushroom Meatloaf
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**Wednesday**


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Healthy Course	Tandoori Marinated Chicken Breast Coconut Curry Cod on a Bed of Spinach
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Theme Bar	Tempura Chicken Mongolian Beef Strips
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Comfort Classics	Garlic Roasted Wings Lightly-Dusted Fried Jumbo Wings
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**Thursday**


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Healthy Course	Herb-Roasted Pork Chops Chicken Breast with Lemon Caper Sauce
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Theme Bar	Meat Lasagna, Chicken Parmesan Cheese Manicotti Pesto Ravioli with Chicken
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Comfort Classics	Roasted Turkey Breast Honey Ham with Pineapple Glaze
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**Friday**


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Healthy Course	Chili Roasted Pork Loin Broiled Fish Veracruz
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Theme Bar	Chicken Shawarma Beef Shawarma Pork Souvlaki Skewers with Yogurt Mint Sauce
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Comfort Classics	Fried Fish, Broiled Fish Fried Clam Strips, Popcorn Shrimp
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 **OHB Hot Bar Week 1 Menu**

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**Healthy Course Menu – Tuesday**

**Five-Spiced Seared Pork loin**

**Teriyaki- Glazed Salmon**

Whole grains/Brown Rice

Chili-Glazed Sweet Potatoes

Steamed Sugar Snap Peas

**Theme Bar Indian Style - Tuesday**

**Chicken Tikka Masala**

**Beef Vindaloo**

Chana Masala / Vegetarian Dhal

Bombay Potatoes

Turmeric Roasted Cauliflower

Garlic Naan Bread

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

**Comfort Food/American Classics - Tuesday**

**Old Fashioned Meatloaf**

**Turkey and Mushroom Meatloaf**

Roasted Garlic Mashed Potatoes

Gravy

Peas and Carrots

Green Beans and Toasted Almonds

Dessert: Tapioca Pudding and Fresh Berries

Yeast Rolls/Corn Bread

### **Healthy Course Menu – Wednesday**

**Tandoori Marinated Chicken Breast**

**Coconut Curry Cod on a Bed of Spinach**

Roasted Red Potatoes

Tomato-Braised Kale

Steamed Carrots

### **Theme Bar Asian Style – Wednesday**

**Tempura Chicken**

**Mongolian Beef Strips**

Stir-Fry Vegetable

Teriyaki Sauce

Spicy Szechuan Sauce

*Jasmine rice/Brown Rice*

Pan-Fried Lo Mein Noodles

Spring Rolls and Dumplings

### **Comfort Food/American Classics - Wednesday**

**Garlic Roasted Wings**

**Lightly-Dusted Fried-Jumbo Wings**

Hot sauce/BBQ Sauce/Teriyaki Glaze

Mac and Cheese

Baked Beans/Corn on the cob

Steamed Broccolini

Hot Dessert: Peach Cobbler / Corn bread

## **Healthy Course Menu – Thursday**

**Herb-Roasted Pork Chops**

**Chicken Breast with Lemon Caper Sauce**

Brown Rice

Roasted Beets

Steamed Broccoli and Corn

## **Theme Bar Italian - Thursday**

**Meat Lasagna**

**Chicken Parmesan**

**Cheese Manicotti**

**Pesto Ravioli with Chicken**

Roasted Zucchini and Squash

Italian Green Beans

Roasted Eggplant and Red Peppers

Garlic Bread

## **Comfort Food/American Classics - Thursday**

**Roasted Turkey Bread (Airline bread)**

**Honey Ham with Pineapple Glaze**

Red Bliss Mashed Potatoes

Stuffing and Gravy

Honey Glazed Baby Carrots

Garlic-Roasted Brussel Sprouts

Hot Dessert: Cherry Cobbler

### **Healthy Course Menu – Friday**

**Chili Roasted Pork loin**

**Broiled Fish Veracruz**

Whole Grains/Brown Rice

Steamed Broccoli

Roasted Mixed Vegetables

### **Theme Bar Mediterranean Style - Friday**

**Chicken Shawarma – Gyro**

**Beef Shawarma**

**Pork Souvlaki (Skewers) Yogurt Mint Sauce**

Pita Bread/Naan Bread

Roasted Eggplant with Chick peas

Sautéed Onions and Peppers

Accompaniments: Tzatziki Sauce, Feta, Olives, Shredded Lettuce, Diced Tomatoes

### **Comfort Food/American Classics - Friday**

**Fried Fish**

**Broiled Fish**

**Fried Clam Strips**

**Popcorn Shrimp**

Hush puppies / French Fries and Cheese Sauce

Fresh Vegetables

Hot Desserts: Apple Cobbler/Rice Pudding with Cinnamon

**Salad Bar Hot Proteins – Monday – Friday**

Herb Marinated Grilled Chicken Breast

Herb Marinated Chicken Thigh

Fried Chicken Tender

Grilled Steak

Buffalo Chicken Tenders