

HEALTH & WELLNESS

OHB Main Café

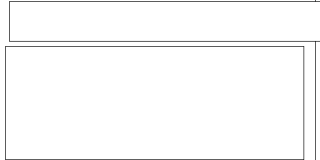
Menu for the Week of
03/19/18

(b)(4)

Wednesday, March 21st
12pm – 1pm

Ask the Dietitian Series

Monday



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

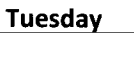
9:30 am – 11:00 am

Lunch & Snacks

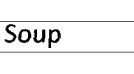
11:00 am – 2:00 pm



Soup



Soup



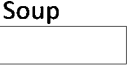
Soup



Soup







Soup










Soup










Soup

| | |
|--|--------------------------------|
| Oven Roasted Turkey, Cranberry, & Sage Panini | \$6.80 |
| Pho (Beef or Tofu) | \$6.49/\$7.4 ^{(b)(4)} |
| Provolone, Mushroom, & Bacon Cheeseburger Sliders | \$6.99 |
| Chicken Chimichanga | \$7.49 |
| Apricot Chicken  , Vegan Sweet & Sour Meatballs   | \$5.25/\$5.25 |
| Beef & Vegetable, Cauliflower & Pepper  , Chicken Chili (12 oz./16 oz.) | \$2.59/\$3.15 |
| Please See Page 2 | \$0.48/oz. ^{(b)(4)} |

| | |
|--|--------------------------------|
| Oven Roasted Turkey, Cranberry, & Sage Panini | \$6.80 ^{(b)(4)} |
| Pad Thai (Shrimp, Chicken or Tofu) | \$6.49/\$7.4 ^{(b)(4)} |
| Provolone, Mushroom, & Bacon Cheeseburger Sliders | \$6.99 |
| Chicken Chimichanga | \$7.49 |
| Caramelized Chicken with Garlic Sauce  , Tropical Grilled Flank Steak  | \$5.25/\$6.25 |
| Chicken & Mushroom, Black Bean  , Chicken Chili (12 oz./16 oz.) | \$2.59/\$3.15 |
| Please See Page 2 | \$0.48/oz. ^{(b)(4)} |

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|---|--------------------------------|
| Oven Roasted Turkey, Cranberry, & Sage Panini | \$6.80 ^{(b)(4)} |
| Pho (Chicken or Tofu) | \$6.49/\$7.4 ^{(b)(4)} |
| Provolone, Mushroom, & Bacon Cheeseburger Sliders | \$6.99 |
| Chicken Chimichanga | \$7.49 ^{(b)(4)} |
| Falafel with Tahini   , Chicken with Artichoke & Tomato Sauce  | \$5.25 |
| Thai Chicken & Rice, Red Lentil  , Chicken Chili (12 oz./16 oz.) | \$2.59/\$3.15 |
| Please See Page 2 | \$0.48/oz. ^{(b)(4)} |

| | |
|--|---------------------------------|
| Oven Roasted Turkey, Cranberry, & Sage Panini | \$6.80 |
| Pad Thai (Shrimp, Chicken or Tofu) | \$6.49/\$7.4 ^{(b)(4)} |
| Provolone, Mushroom, & Bacon Cheeseburger Sliders | \$6.99 |
| Chicken Chimichanga | \$7.49 |
| Black Bean Quinoa Burger   , Chicken with Leeks & Olives  | \$5.25 |
| Chicken Taco, Spicy Carrot Ginger Soup  , Chicken Chili (12 oz./16 oz.) | \$2.59/\$3.15 ^{(b)(4)} |
| Please See Page 2 | \$0.48/oz. ^{(b)(4)} |

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|---|--------------------------------|
| Oven Roasted Turkey, Cranberry, & Sage Panini | \$6.80 ^{(b)(4)} |
| Pho (Shrimp or Tofu) | \$6.49/\$7.4 ^{(b)(4)} |
| Provolone, Mushroom, & Bacon Cheeseburger Sliders | \$6.99 |
| Chicken Chimichanga | \$7.49 |
| Poached Salmon with Orange Basil Relish  , Apple & Fig Pork Loin  | \$7.25/\$5.25 |
| Quinoa & Corn Chowder  , Chef's Choice, Chicken Chili (12 oz./16 oz.) | \$2.59/\$3.15 |
| Please See Page 2 | \$0.48/oz. ^{(b)(4)} |









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

\$0.48 per ounce






Monday

| | | |
|---------------|--|--|
| Vegetable Bar | An assortment of fresh vegetables served daily | |
| Entrées | Thai Beef Curry | Curried Meatballs |
| | Grilled Salmon with Teriyaki Glaze | Cauliflower Tikka Masala  |
| | Indian Spiced Chicken with Tomato Cream | Chicken Souvlaki with Tzatziki Sauce |
| | Orange & Soy Glazed Pork Loin | Falafel with Pita Bread  |
| Sides | Tomato & Chickpea Stew  | Basmati Rice  |
| | Mixed Vegetables  | Roasted Carrots with Oregano  |






Tuesday

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|---------------|--|---|
| Vegetable Bar | An assortment of fresh vegetables served daily | |
| Entrées | Grilled Adobo Rubbed Chicken | Fried Cod Fish Tacos |
| | Cuban Mojo Roasted Pork Loin | Pork Carnitas Tacos |
| | Korean Beef Tacos with Crispy Slaw | Jamaican Jerk Chicken Tacos with Mango Chutney |
| | Flank Steak with Chimichurri Sauce | |
| Sides | Sweet Plantains  | Spanish Rice |
| | Cilantro Lime Rice  | Sautéed Spinach  |






Wednesday

| | | |
|---------------|---|---|
| Vegetable Bar | An assortment of fresh vegetables served daily | |
| Entrées | Gnocchi with Tomato Basil Sauce  | Shrimp & Asparagus Risotto |
| | Herb Crusted Beef Pot Roast | Tuscan Roasted Chicken |
| | Meatballs Marinara | Chicken Parmesan with Spaghetti |
| | Baked Pasta with Italian Sausage & Onions | |
| Sides | Steamed Broccoli  | Roasted Zucchini & Squash  |
| | Roasted Butternut Squash with Maple Syrup  | Garlic Bread  |

Thursday

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| Vegetable Bar | An assortment of fresh vegetables served daily | |
| Entrées | Herb Roasted Turkey | Creamy Fettuccine with Bacon & Mushrooms |
| | Winter Beef Stew | Almond Crusted Tilapia with Romesco Sauce |
| | Vinegar-Braised Chicken with Onions | Tomato Risotto  |
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| Sides | Roasted Green Beans with Almonds  | Garlic Mashed Potatoes  |
| | Wild Rice with Cranberries  | Cranberry & Sage Stuffing  |

Friday

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|---------------|--|---|
| Vegetable Bar | An assortment of fresh vegetables served daily | |
| Entrées | Chicken & Dumplings with Mushrooms | BBQ Wings, Hot Wings, Teriyaki Glazed Wings |
| | BBQ Pulled Pork | Baked Potato and Sweet Potato Bar  |
| | Cornmeal Crusted Catfish | Pulled Beef Brisket Sliders with Crispy Onions |
| | Blackened Catfish | |
| Sides | Coleslaw  | Sautéed Red Cabbage  |
| | Mac & Cheese  | Sautéed Collard Greens  |