

# OHB Main Café

Menu for the Week of  
09/12/16

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**Freshly Prepared**

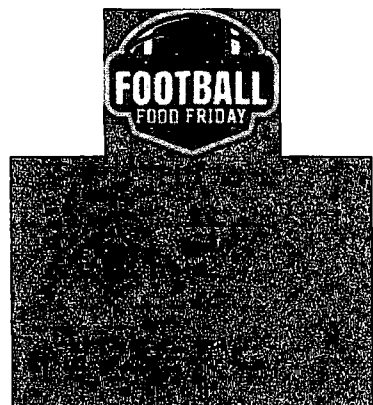
At

Grilled Asparagus (v)  
\$0.44 per ounce

**The  Feature  
For September is Honey**

Honey Granola  
Available at the Oatmeal  
Station

Melon Mondays  
Honeydew & Raspberry  
Aqua Fresca  
\$1.79 for 20oz



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



**Monday**

<b>Breakfast</b>	Orange Scented French Toast (v) (h)	\$3.99
<input type="text"/>	Chicken & Green Chili Quesadilla	\$6.49
<input type="text"/>	Beef & Broccoli	\$6.99 (b)(4)
<input type="text"/>	Brie and Caramelized Onion Cheesesteak (Regular/Large)	\$6.99/\$8.99 (b)(4)
<b>Soup</b>	Cuban Black Bean (v) (12 oz. / 16 oz.)	\$1.89/\$2.39
<input type="text"/>	Please see page 2	\$0.44/oz. (b)(4)

**Tuesday**

<b>Breakfast</b>	Farmer's Breakfast Casserole	\$3.99
<input type="text"/>	Honey Ham, Garlic Spinach & Asiago	\$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)	\$6.99/\$8.99
<b>Soup</b>	Corn Chowder (v) (12 oz. / 16 oz.)	\$1.89/\$2.39
<input type="text"/>	Please see page 2	\$0.44/oz. (b)(4)

**Wednesday**

<b>Breakfast</b>	Chorizo & Egg Breakfast Pizza	\$3.99
<input type="text"/>	Pastrami Reuben	\$6.49
<input type="text"/>	Pad Thai with Shrimp	\$6.99 (b)(4)
<input type="text"/>	Roasted Garlic & Mushroom Cheesesteak (Regular/Large)	\$6.99/\$8.99
<b>Soup</b>	Chicken Noodle (12 oz. / 16 oz.)	\$1.89/\$2.39
<input type="text"/>	Please see page 2	\$0.44/oz. (b)(4)

**Thursday**

<b>Breakfast</b>	Apple Stuffed Whole Wheat Pancakes (v)	\$3.99
<input type="text"/>	Bistro Ham & Swiss Flat Bread	\$6.49
<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)	\$6.99/\$8.99
<b>Soup</b>	Italian Wedding (12 oz. / 16 oz.)	\$1.89/\$2.39
<input type="text"/>	Please see page 2	\$0.44/oz. (b)(4)

**Friday**

<b>Breakfast</b>	Turkey Sausage Breakfast Biscuit Pocket	\$3.99
<input type="text"/>	Grilled Chicken with Tomato & Gorgonzola	\$6.49 (b)(4)
<input type="text"/>	Mongolian Beef	\$6.99 (b)(4)
<input type="text"/>	Spinach & Goat Cheese Cheesesteak (Regular/Large)	\$6.99/\$8.99
<b>Soup</b>	Garden Vegetable (v) (12 oz. / 16 oz.)	\$1.89/\$2.39
<input type="text"/>	Please see page 2	\$0.44/oz. (b)(4)

**Breakfast**

6:30 am – 9:30 am

**Continental Breakfast**

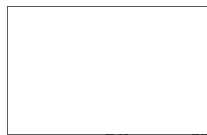
6:30 am – 11:00 am

**Lunch**

11:00 am – 2:00 pm

**Snacks & Beverages**

11:00 pm – 2:00 pm



On September 12<sup>th</sup> look for our new GREEN labels. Under 600 calories. Low Sodium. No Preservatives.

OHB  Menu

(b)(4)

\$0.44 per ounce

**Monday**


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Healthy Course	Almond Crusted Pork Loin with Dried Cranberry, Apple & Almond Conserve Baked Barley with Shiitake Mushroom and Caramelized Onions
Theme Bar	Chicken Fajitas Steak Fajitas
Comfort Classics	Beef Stew with Frizzled Onions, Rotisserie Style Chicken Quarters Pan-Seared Chicken Breast with Mushrooms and Pearl Onions

**Tuesday**


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Healthy Course	Grilled Chicken Breast with Cherry Tomatoes Apricot and Ginger Glazed Salmon
Theme Bar	Chicken Makhni, Spicy Rogan Josh Beef Saag Panner with Tofu
Comfort Classics	BBQ Chicken Quarters, BBQ Brisket Memphis Pulled Pork

**Wednesday**


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Healthy Course	Cajun Grilled Blue Catfish (local) Chicken Breast Moroccan Style with Green Olives
Theme Bar	Szechuan Stir Fry with Chicken, Marinated Beef Stir Fry Tofu with Mixed Vegetable
Comfort Classics	Garlic Roasted Chicken Wings, Spicy Buffalo Wings Teriyaki Glazed Wings, Zesty BBQ Wings

**Thursday**


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Healthy Course	Honey Hoisin Pork Tenderloin Mexican Chicken and Almond Cream Sauce
Theme Bar	Toasted Cheese Ravioli with Alfredo Sauce and Basil, Eggplant Parmesan Chicken with Pappardelle with Mushroom sauce, Chicken Cacciatore
Comfort Classics	Airline Roasted Turkey Breast, Tender Pork Roast Honey Glazed Ham with Pineapple Sauce

**Friday**


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Healthy Course	Grilled Chicken Breast with Spiced Yogurt Herb Crusted Cod
Theme Bar	Pita Bread/Naan Bread, Chicken a la Grecco Chicken Gyro, Lamb & Beef Shawarma
Comfort Classics	Fried Fish & Chips, Broiled Cod, Spicy Fried Popcorn Shrimp Sambal Sauce Calamari with Banana Peppers and Lemon, Mussels with White Wine

**OHB Hot Bar Week 2 Menu**

(b)(4)

**Healthy Course Menu – Monday**

**Almond Crusted Pork Loin with Dried Cranberry, Apple & Almond Conserve**

**Baked Barley with Shiitake Mushroom and Caramelized Onions**

Whole Grains/Brown Rice

Roasted Mixed Vegetables

Steamed Green Beans

**Theme Bar Latin Style - Monday**

**Chicken Fajitas**

**Steak Fajitas**

Cilantro Rice

Vegetarian Black Beans

Pinto Beans with Bacon

Fajita Peppers and Onions

Accompaniments: Pico de Gallo, sour cream, salsa, cheddar cheese, green onions, and shredded lettuce

**Comfort Food/American Classics – Monday**

**Beef Stew with Frizzled Onions**

**Rotisserie Style Chicken Quarters**

**Pan-Seared Chicken Breast with Mushrooms and Pearl Onions**

Mashed Potatoes and Gravy

Mac & Cheese

Steamed Broccoli

Roasted Baby Carrots

Bread Pudding

## **Healthy Course Menu – Tuesday**

### **Grilled Chicken Breast with Cherry Tomatoes**

#### **Apricot and Ginger Glazed Salmon**

Whole grains/Brown Rice

Chili-Glazed Sweet Potatoes

Sautéed Leeks and Parsnips

## **Theme Bar Indian Style - Tuesday**

### **Chicken Makhni**

### **Spicy Rogan Josh Beef**

### **Saag Panner with Tofu**

Chana Masala / Vegetarian Dhal

Bombay Potatoes

Roasted Eggplant with Roasted Red Peppers

Garlic Naan Bread

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

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

### **BBQ Chicken Quarters**

### **Memphis Pulled Pork**

### **BBQ Brisket**

Roasted Cornbread Stuffing

Glazed Carrots

Steamed Green Beans / BBQ Baked Beans

Dessert: Warm Apple Cobbler

## **Healthy Course Menu – Wednesday**

**Cajun Grilled Blue Catfish (local)**

**Chicken Breast Moroccan Style with Green Olives**

Parmesan Roasted Potatoes

Steamed Broccoli

Fresh Peas and Baby Carrots

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

**Szechuan Stir Fry with Chicken**

**Marinated Beef Stir Fry**

**Tofu with Mixed Vegetable**

Jasmin Rice/Brown Rice

Baby Bok Choy

Spring Rolls and Dumplings

Ginger Scented Snap Peas

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

**Garlic Roasted Chicken Wings**

**Spicy Buffalo Wings**

**Teriyaki Glazed Wings**

**Zesty BBQ Wings**

Cheesy Mac & Cheese

Baked Beans

Corn on the Cob

Hot Dessert: Peach Cobbler

## **Healthy Course Menu – Thursday**

**Honey Hoisin Pork Tenderloin**

**Mexican Chicken and Almond Cream Sauce**

Brown Rice

Roasted Corn with Fresh Cilantro

Low Fat Creamy Spinach

## **Theme Bar Italian - Thursday**

**Chicken Cacciatore**

**Eggplant Parmesan**

**Toasted Cheese Ravioli with Alfredo Sauce and Basil**

**Roasted Chicken Breast with Pappardelle with Mushroom sauce**

Zucchini and Squash

Italian Green Beans

Whole Wheat Penne with Marinara Sauce and Basil

Garlic Bread

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

**Airline Roasted Turkey Breast**

**Tender Pork Roast**

**Honey Glazed Ham with Pineapple Sauce**

Herb Roasted Potatoes

Steamed Baby Carrots

Creamy Mashed Potatoes and Gravy

Garlic-Roasted Brussel Sprouts

Hot Dessert: Cherry Cobbler

## **Healthy Course Menu – Friday**

**Grilled Chicken Breast with Spiced Yogurt**

**Herb Crusted Cod**

Roasted Sweet Potatoes

Green Beans with Roasted Red Peppers

Roasted Summer Squash

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

**Pita Bread/Naan Bread**

**Chicken a la Grecco**

**Chicken Gyro**

**Lamb & Beef Shawarma**

Roasted Eggplant with Chick Peas and Tomatoes

Sautéed Onions and Peppers

Wilted Spinach

Accompaniments: Tzatziki Sauce, Feta, Olives and Tomatoes

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

**Fried Fish & Chips**

**Broiled Cod**

**Calamari Strips with Banana Peppers and Lemon Wedges**

**Steamed Mussels Deglazed with White Wine and Fresh Herbs**

**Spicy Fried Popcorn Shrimp Sambal Sauce**

Hush puppies

Roasted Roma Tomatoes

Hot Desserts: Blackberry Cobbler

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

Herb Marinated Grilled Chicken Breast

Herb Marinated Chicken Thighs

Fried Chicken Tenders

Grilled Steak

Buffalo Chicken Tenders