

OHB Main Café

Menu for the Week of
08/15/16

Freshly Prepared

At

Grilled Asparagus (v)
\$0.44 per ounce

Th Feature

**For August is
Whole Wheat Pasta**
Whole Wheat Penne
with Artichokes,
Peas & Olives
\$0.44 per ounce

**National
Bacon-Lovers Day
is August 15th**

Chocolate & Vanilla
Cupcakes
Topped with Bacon
\$2.29

Add Bacon

to Any
Sandwich
for \$0.69

Sweet Corn Polenta
with Charred Eggplant
Served at
\$0.44 per ounce

**Sandwiches,
Salads & Parfaits
Available Daily**

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

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

Soup

Tuesday

Breakfast

Farmer's Breakfast Casserole \$3.99
Honey Ham, Garlic Spinach & Asiago \$6.49
Chicken & Cashews \$5.99 (b)(4)
Chili Pepper Cheesesteak (Regular/Large) \$6.99/\$8.99
Corn Chowder (v) (12 oz. / 16 oz.) \$1.89/\$2.39 (b)(4)
Please see page 2 \$0.44/oz. (b)(4)

Soup

Wednesday

Breakfast

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

Soup

Thursday

Breakfast

Apple Stuffed Whole Wheat Pancakes (v) \$3.99
Bistro Ham & Swiss Flat Bread \$6.49 (b)(4)
Sesame Chicken \$5.99 (b)(4)
Spicy Italian Cheesesteak (Regular/Large) \$6.99/\$8.99
Italian Wedding (12 oz. / 16 oz.) \$1.89/\$2.39
Please see page 2 \$0.44/oz. (b)(4)

Soup

Friday

Breakfast

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

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

Monday

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

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 Memphis Pulled Pork BBQ Brisket

Wednesday

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

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

Friday

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 Strips with Banana Peppers and Lemon Wedges Steamed Mussels Deglazed with White Wine and Fresh Herbs



OHB Hot Bar Week 2 Menu

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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

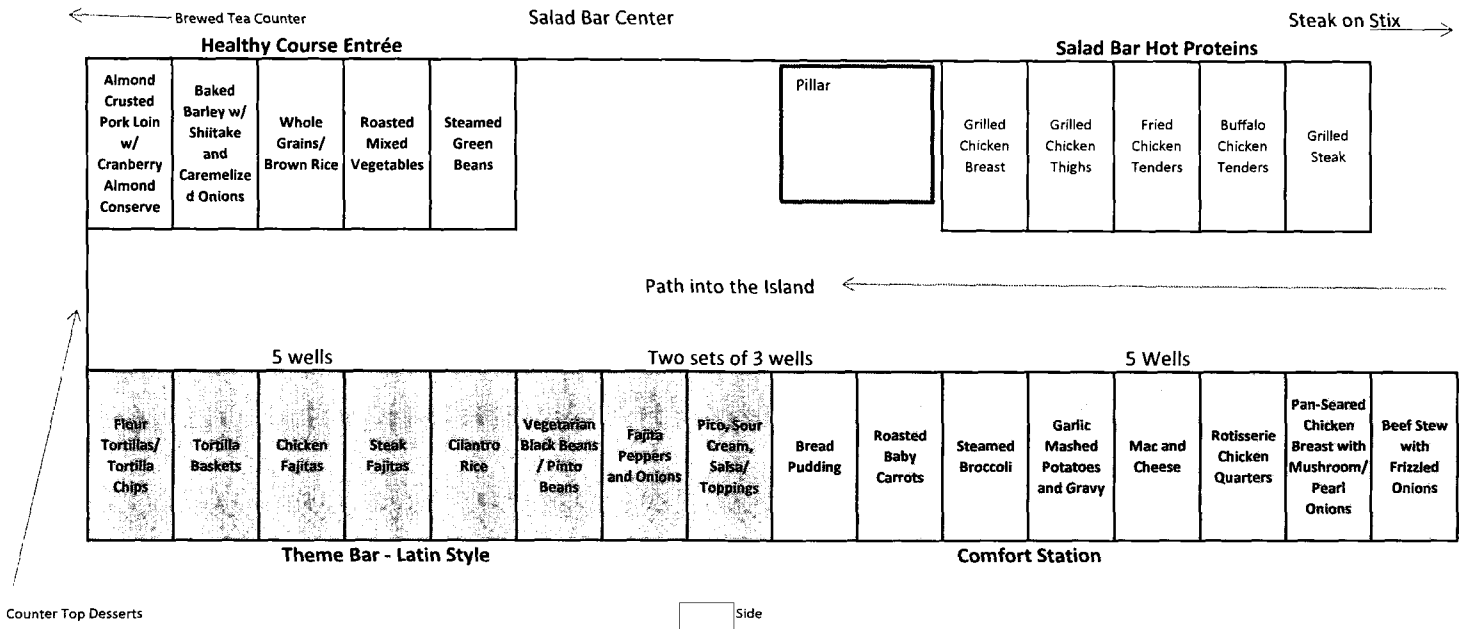
Fried Chicken Tenders

Grilled Steak

Buffalo Chicken Tenders

Monday

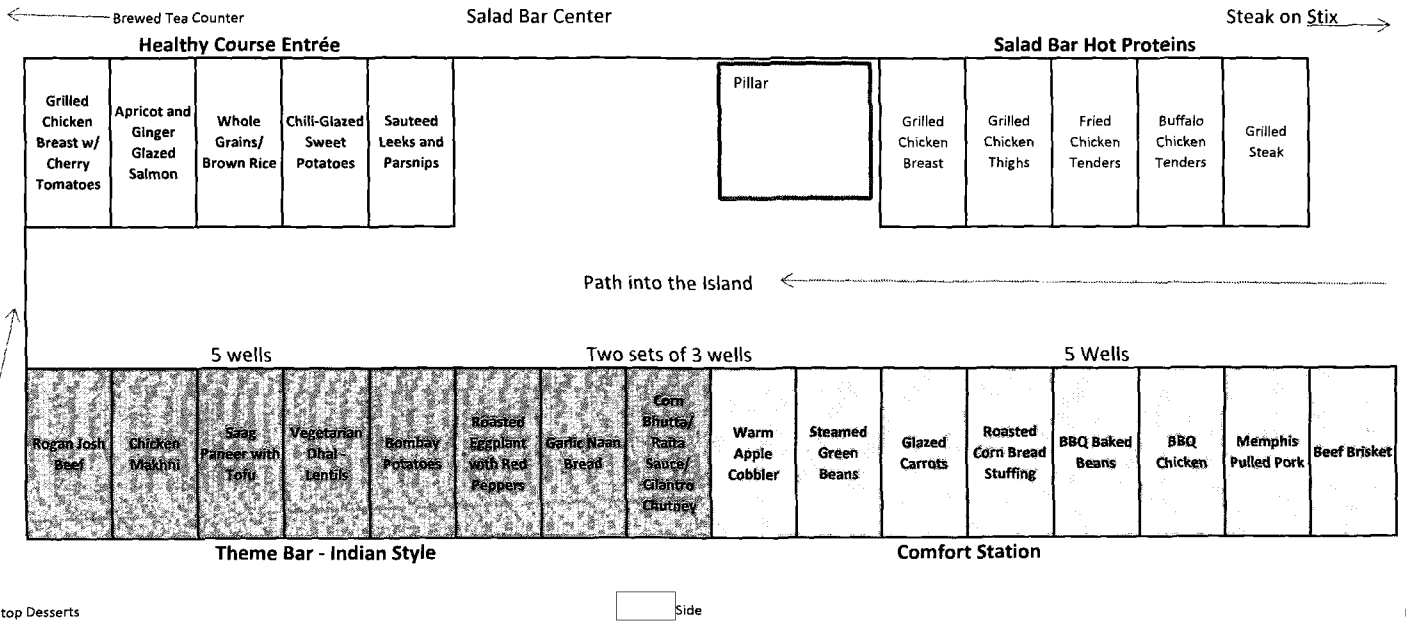
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Tuesday

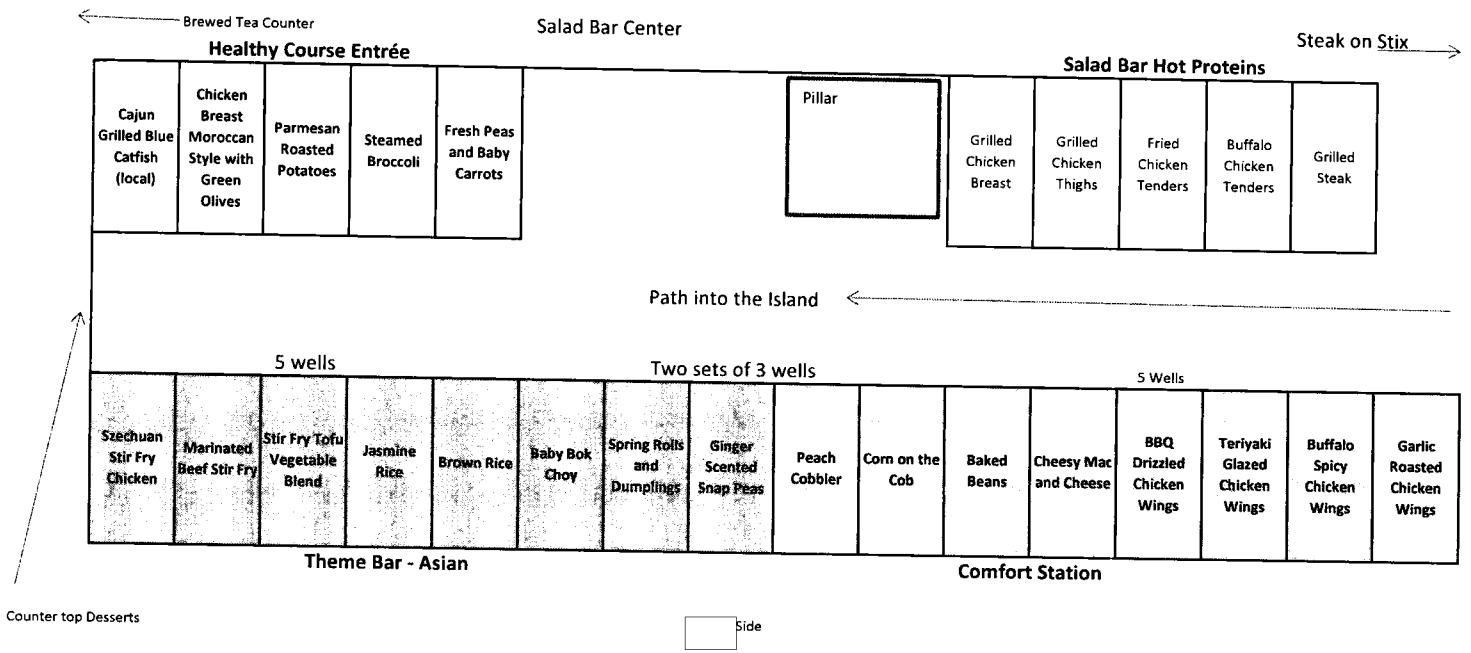
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Wednesday

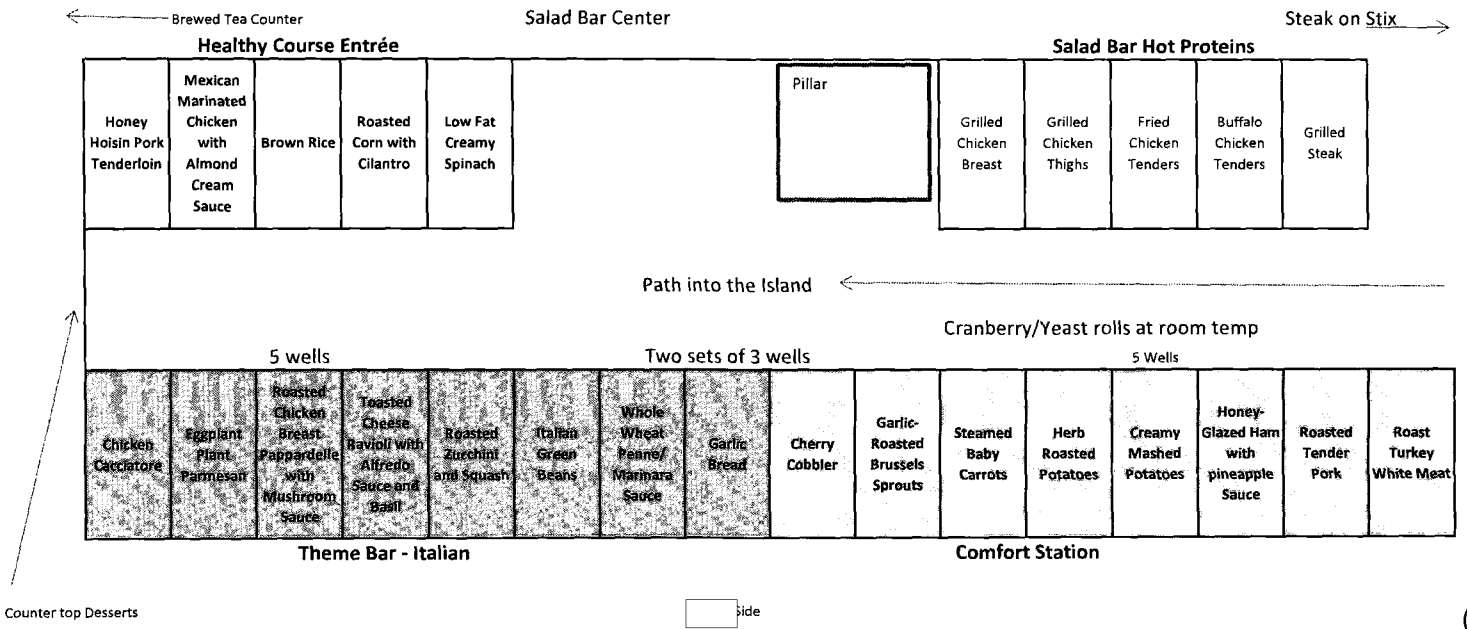
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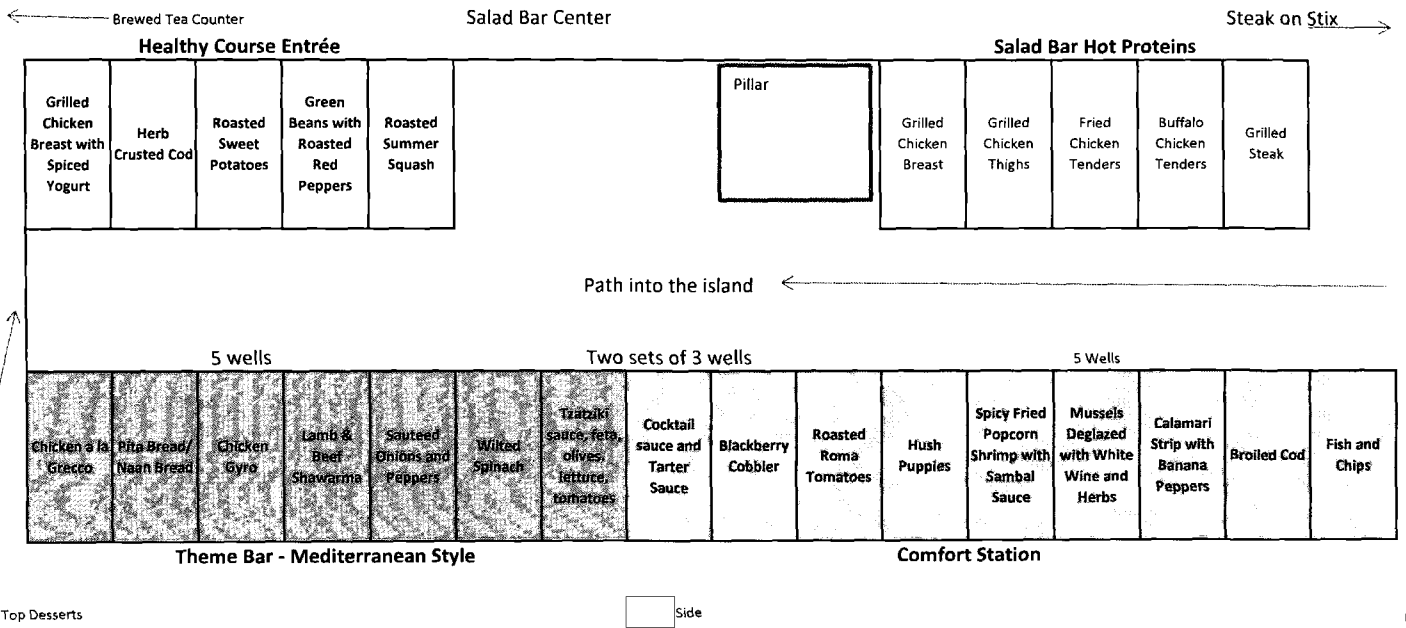
Thursday

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Friday

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