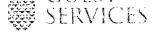
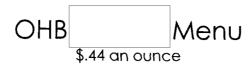
# OHB Main Café

Menu for the Week of 08/15/16

Al Grilled Asparogus (M) \$0.44 per ounce Feature For August is Whole Wheat Penne with Antichokes, Peas & Olives \$0.44 per ounce National Bacon-Lovers Day is August 15h Chocolate & Vornila Cupacksii Cupacksii Cupacksii Cupacksii Cupacksii Cupacksii Cupacksii Corring Secented French Toast (V) (h) \$3.99 (b) (chicken & 6.599 (s)  **Torring Secented French Toast (V) (h) \$3.99 (b) (chicken & 6.599 (s)  **Soup Whole Wheat Penne with Antichokes, Peas & Olives \$0.44 per ounce  **National Bacon-Lovers Day is August 15h Chocolate & Vornila Cupacksii Cup
## Reakfast   Orange Scented French Toast (v) (h)   \$3.99 (b) (chicken & Green Chili Quesadilla   \$6.49
The Feature For August is Whole Wheat Peante with Artichokes. Peas & Clives Spandwiches. Sond Country Scandwiches. Sandwiches.
For August is Whole Wheat Pasta 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 to Any Sandwich for \$0.69 for \$0.09 miles are see page 2
Whole Wheet Pesta Whole Wheet Penne with Artichokes. Peos & Olives \$0.00
Whole Wheat Pearne Whole Wheat Penne With Artichokes. Peas & Olives \$0.44 per ounce         Soup         Cuban Black Bean (v) (12 oz. / 16 oz.)         \$1.89/\$2.39 \$0.44/oz.         \$1.89/\$2.39 \$0.44/oz.         \$0.97/\$8.99           National Bacon-loves Day is August 15th Chocolate & Vornilla Cupcakes Iopped with Bacon \$2.29         Tuesday         Farmer's Breakfast Casserole Honey Ham, Garlic Spinach & Asiago Chicken & Cashews Chili Pepper Cheesesteak (Regular/Large)         \$6.99/\$8.99 \$6.99/\$8.99         \$6.99/\$8.
with Artichokes. Peas & Olives \$0.44 per ounce  National Bacon-Lovers Day is August 15th Chocolate & Varnilla Cupcakes Topped with Bacon \$2.29  Add Bacon to Any Sandwich for \$0.69  Breakfast  Chiorizo & Egg Breakfast Pizza Pad Thai with Shrimp Roasted Garlic & Mushroom Cheesesteak (Regular/Large) \$0.44/oz.  Chicken Noodle (12 oz. / 16 oz.)  Sweet Corn Polenta with Chorized Eggplont Served atl \$0.44 per ounce  Thursday  Breakfast  Apple Stuffed Whole Wheat Pancakes (v)  Breakfast  B
Peas & Olives \$0.44 per ounce  National Bacon-Lovers Day Is August 15th Chocolate & Vanilia Cupcokes Topped with Bacon \$5.09 Sandwich for \$0.69  Sweet Corn Polenta with Chorred Eggplant Served all \$0.44 per ounce  Thursday  Breakfast  Apple Stuffed Whole Wheat Pancakes (v)  Breakfast  Avallable Daily  Friday  Breakfast  Turkey Sausage Breakfast Biscuit Pocket With an Asian Flair  Noodle Bar  Tuesday  Breakfast  Farmer's Breakfast Casserole \$3.99 Chicken & Cashews Chili Pepper Cheesesteak (Regular/Large) \$5.99/\$8.99 Chili Pepper Cheesesteak (Regular/Large) \$5.99/\$8.99 Chili Pepper Cheesesteak (Regular/Large) \$5.99/\$8.99 Soup Corn Chowder (v) (12 oz. / 16 oz.) Please see page 2  \$0.44/oz. (b)  Thursday  Breakfast  Apple Stuffed Whole Wheat Pancakes (v) Sesame Chicken Spicy Italian Cheesesteak (Regular/Large) Spicy Italian Wedding (12 oz. / 16 oz.)  Soup Breakfast  Turkey Sausage Breakfast Biscuit Pocket Grilled Chicken with Tomato & Gorgonzola Mongolian Beef Spinach & Goat Cheese Cheesesteak (Regular/Large) Spinach & Goat Cheese Che
National Bacon-Lovers Day is August 15th   Chocolate & Vanilla Cupcakes   Turkey Sanadwiches, Solads & Partfalfs   Available Daily
Breakfast   Farmer's Breakfast Casserole   \$3.99
Notional Bacon-Lovers Day is August 15th Chocolate & Vanilia Cupckes Topped with Bacon \$2.29
Bacon-Lovers Day is August 15th Chocolate & Vanilla Cupcakes Topped with Bacon \$2.29  Add Bacon to Any Sandwich for \$0.69  Sweet Corn Potenta with Charried Eggptont Served off \$0.44 per ounce  Thursday  Breakfast Apple Stuffed Whole Wheat Pancakes (v) \$3.99  Sandwiches, Solods & Parfaits Available Dally  Friday  Buritos or Bowls Made to Order With an Asian Flair  Noodle Bar  Fresh Fish and Crab Cake With an Asian Flair  Noodle Bar  Soup Chicken & Cashews (Sashews S.5.99 (b) Chicken & Cashews (Regular/Large) \$4.699 (b) S.5.99 (b) S.5.
ta August 15th Chocolote & Vanilla Cupcakes Topped with Baccon \$2.29  Add Bacon to Any Sandwich for \$0.69  Sweet Corn Polenta with Charred Eggplant Served at \$0.44/oz.  Thursday  Breakfast  Apple Stuffed Whole Wheat Pancakes (v)  Bistro Ham & Swiss Flat Bread Sesame Chicken Soup  Sandwiches, Salads & Parfaits Available Daliy  Friday  Burriflos or Bowls Mode to Order With an Asian Flair  Noodle Bar  Chicken Roadle Chicken (12 oz. / 16 oz.)  Chorlicken Soup Chorlicken (12 oz. / 16 oz.)  Chorlicken Scape 2  \$6.99/\$8.99  \$1.89/\$2.39  \$6.99/\$8.99  \$1.89/\$2.39  \$6.99/\$8.99  \$1.89/\$2.39  \$1
Cupcakes Topped with Baccn \$2.29  Add Baccn to Any Sandwich for \$0.69  Sweet Corn Polenta with Charred Eggplant Served atl \$0.44 per ounce  Breakfast  Apple Stuffed Whole Wheat Pancakes (v) Sesame Chicken Spicy Italian Wedding (12 oz. / 16 oz.)  Sandwiches, Saladas & Parfaits Avallable Dally  Friday  Burritos or Bowls Made to Order With an Asian Flair Noodle Bar  Noodle Bar  Wednesday  Please see page 2  Wednesday  Breakfast Chorizo & Egg Breakfast Pizza \$3.99 (b) \$0.44/oz. (b) \$1.89/\$2.39 (b) \$0.44/oz. (b) \$1.89/\$2.39 (b) \$0.44/oz. (b) \$1.89/\$2.39 (b) \$1.89/\$2.39 (c) \$1.89/\$2.39 (b) \$1.89/\$2.39 (c) \$1.89/\$2.39 (d)
Please see page 2  Add Bacon to Any Sandwich for \$0.69  Sweet Corn Polenta with Charred Eggplant Served at \$0.44/oz.  Thursday  Breakfast  Apple Stuffed Whole Wheat Pancakes (v)  Sandwiches, Salads & Parfoils Available Daliy  Friday  Burritos or Bowls Made to Order  Wednesday  Please see page 2  Please see page 2  Please see page 2  Please see page 2  \$0.44/oz.  (b)  \$0.44/oz.  (c)  (b)  \$0.44/oz.  (c)  (b)  \$0.44/oz.  (d)  \$0.44/oz.  (d)  \$0.44/oz.  (d)  \$0.44/oz.  (e)  \$0.44/oz.  (f)  \$0.44/oz.  (h)  \$0
Add Bacon to Any Sandwich for \$0.69  Sweet Corn Polenta with Charred Eggplant Served at \$0.44 per ounce  Thursday  Sandwiches, Saladas & Parfaits Avallable Daliy  Breakfast  Fresh Fish and Crab Cake With an Asian Flair  Noodle Bar  Wednesday  Breakfast  Chorizo & Egg Breakfast Pizza \$3.99 Pastrami Reuben Pad Thai with Shrimp Roasted Garlic & Mushroom Cheesesteak (Regular/Large) \$4.699 (b) \$4.699 (b) \$4.699 (b) \$4.699 (b) \$4.699 (b) \$5.90 (b) \$6.90 (b)
WednesdayAdd Bacon to Any Sandwich for \$0.69BreakfastChorizo & Egg Breakfast Pizza\$3.99 \$6.49(b)Sandwich for \$0.69Pad Thai with Shrimp Roasted Garlic Mushroom Cheesesteak (Regular/Large)\$6.79/\$8.99 \$6.79/\$8.99(b)Sweet Corn Polenta with Charred Eggplant Served at \$0.44 per ounceThursday\$1.89/\$2.39 Please see page 2\$0.44/oz.(b)BreakfastApple Stuffed Whole Wheat Pancakes (v)\$3.99 Shistro Ham & Swiss Flat Bread Sesame Chicken Spicy Italian Cheesesteak (Regular/Large)\$6.79/\$8.99 \$6.79/\$8.99Sandwiches, Salads & Parfails Avallable DailySoup FridaySoup BreakfastTurkey Sausage Breakfast Biscuit Pocket Mongolian Beef Spinach & Goat Cheese Cheesesteak (Regular/Large)\$6.99/\$8.99 \$0.44/oz.(b)Fresh Fish and Crab Cake With an Asian FlairSoup Garden Vegetable (v) (12 oz. / 16 oz.)\$1.89/\$2.39 \$0.44/oz.(b)Noodle BarPlease see page 2\$0.44/oz.(b)
Breakfast   Chorizo & Egg Breakfast Pizza   \$3.99   (b)
Sandwich for \$0.69  Pastrami Reuben Pad Thai with Shrimp Roasted Garlic & Mushroom Cheesesteak (Regular/Large) Soup Chicken Noodle (12 oz. / 16 oz.)  Sweet Corn Polenta with Charred Egoplant Served at \$0.44 per ounce  Thursday  Breakfast Apple Stuffed Whole Wheat Pancakes (v) Sesame Chicken Spicy Italian Cheesesteak (Regular/Large) Soup Sandwiches, Soup Salads & Parfails Available Daily  Friday  Burritos or Bowls Made to Order  With an Asian Flair Noodle Bar  Pastrami Reuben \$6.49 Ch Roasted Garlic & Mushroom Cheesesteak (Regular/Large) \$1.89/\$2.39 Soup Soup Soup Soup Sandwiches, Soup Bistro Ham & Swiss Flat Bread \$6.49 (b) Sesame Chicken \$5.99 Spicy Italian Wedding (12 oz. / 16 oz.) \$1.89/\$2.39 Please see page 2  \$0.44/oz. (b)  Friday  Breakfast Turkey Sausage Breakfast Biscuit Pocket Grilled Chicken with Tomato & Gorgonzola Mongolian Beef Spinach & Goat Cheese Cheesesteak (Regular/Large) Soup Garden Vegetable (v) (12 oz. / 16 oz.)  Noodle Bar
Sweet Corn Polenta with Charred Eggplant Served atl \$0.44 per ounce  Thursday  Breakfast  Apple Stuffed Whole Wheat Pancakes (v) Seame Chicken Spicy Italian Cheesesteak (Regular/Large) Spicy Italian Wedding (12 oz. / 16 oz.)  Sandwiches, Salads & Parfaits  Available Daily  Friday  Breakfast  Turkey Sausage Breakfast Biscuit Pocket Mongolian Beef Spinach & Goat Cheese Cheesesteak (Regular/Large) Spinach & Goat Cheese Cheesesteak (Regular/Large
Roasted Garlic & Mushroom Cheesesteak (Regular/Large) Sweet Corn Polenta with Charred Eggplant Served atl \$0.44 per ounce  Thursday  Breakfast Apple Stuffed Whole Wheat Pancakes (v) Sesame Chicken Served atl \$0.44 per ounce  Thursday  Breakfast Apple Stuffed Whole Wheat Pancakes (v) Sesame Chicken Spicy Italian Cheesesteak (Regular/Large) Soup Sandwiches, Salads & Parfaits Available Daily  Friday  Breakfast Turkey Sausage Breakfast Biscuit Pocket Grilled Chicken with Tomato & Gorgonzola Mongolian Beef Spinach & Goat Cheese Cheesesteak (Regular/Large) Soup Garden Vegetable (v) (12 oz. / 16 oz.)  Noodle Bar  Roasted Garlic & Mushroom Cheesesteak (Regular/Large) \$0.44/oz. (b)  \$0.44/oz. (c)  \$0.44/oz. (d)
Roasted Garlic & Mushroom Cheesesteak (Regular/Large) \$6.99/\$8.99 Chicken Noodle (12 oz. / 16 oz.) \$1.89/\$2.39 (b) Served at \$0.44/oz. (b)  Thursday  Breakfast Apple Stuffed Whole Wheat Pancakes (v) \$3.99 Bistro Ham & Swiss Flat Bread \$6.49 (b) Sesame Chicken \$5.99 (b) Sesame Chicken \$5.99 (b) Sesame Chicken \$5.99 (b) Spicy Italian Cheesesteak (Regular/Large) \$6.99/\$8.99 Salads & Parfails Available Daily  Friday  Breakfast Turkey Sausage Breakfast Biscuit Pocket \$3.99  Breakfast Turkey Sausage Breakfast Biscuit Pocket \$3.99 Mongolian Beef \$6.99 (b) Spinach & Goat Cheese Cheesesteak (Regular/Large) \$6.99/\$8.99 (b)
Sweet Corn Polenta with Charred Eggplant Served at \$0.44 per ounce  Breakfast  Apple Stuffed Whole Wheat Pancakes (v)  Bistro Ham & Swiss Flat Bread  Seame Chicken  Spiry Italian Cheesesteak (Regular/Large)  Salads & Parfaits  Available Daily  Friday  Breakfast  Friday  Breakfast  Turkey Sausage Breakfast Biscuit Pocket  Grilled Chicken with Tomato & Gorgonzola  Mongolian Beef  Spinach & Goat Cheese Cheesesteak (Regular/Large)  Soup  Fresh Fish and Crab Cake  With an Asian Flair  Noodle Bar  Please see page 2  \$0.44/oz. (b)  \$3.99  (b)  \$4.90  \$5.90  \$1.89/\$2.39  \$6.99/\$8.99  (b)  Spinach & Goat Cheese Cheesesteak (Regular/Large)  \$6.99/\$8.99  (b)  \$1.89/\$2.39  \$1.89/\$2.39  \$1.89/\$2.39  Please see page 2  \$0.44/oz. (b)
with Charred Eggplant Served at \$0.44 per ounce    Served at   \$0.44 per ounce   \$1.49 per ounce   \$3.99 per served at   \$3.99 per s
Served atl \$0.44 per ounce  Breakfast Apple Stuffed Whole Wheat Pancakes (v) \$3.99  Bistro Ham & Swiss Flat Bread \$6.49 (b) Sesame Chicken \$5.99 (b) Spicy Italian Cheesesteak (Regular/Large) \$6.99/\$8.99  Sandwiches, Soup Italian Wedding (12 oz. / 16 oz.) \$1.89/\$2.39  Please see page 2 \$0.44/oz. (b)  Burritos or Bowls Made to Order  Breakfast Turkey Sausage Breakfast Biscuit Pocket \$3.99 (b) Spinach & Gorgonzola \$6.49 Mongolian Beef \$6.99 (b) Spinach & Goat Cheese Cheesesteak (Regular/Large) \$6.99/\$8.99 (b) Spinach & Goat C
### Thursday    Breakfast   Apple Stuffed Whole Wheat Pancakes (v)   \$3.99
Bistro Ham & Swiss Flat Bread \$6.49 (b) Sesame Chicken \$5.99 (b) Spicy Italian Cheesesteak (Regular/Large) \$6.99/\$8.99  Sandwiches, Salads & Parfaits Available Daily  Friday  Burritos or Bowls Made to Order  Fresh Fish and Crab Cake With an Asian Flair  Noodle Bar  Bistro Ham & Swiss Flat Bread \$6.49 (b) Sesame Chicken \$5.99 (b) Spicy Italian Wedding (12 oz. / 16 oz.) \$1.89/\$2.39  \$0.44/oz. (b)  Soup Friday  Friday  Breakfast  Turkey Sausage Breakfast Biscuit Pocket \$3.99  Grilled Chicken with Tomato & Gorgonzola \$6.49  Mongolian Beef \$6.99 (b) Spinach & Goat Cheese Cheesesteak (Regular/Large) \$6.99/\$8.99 (b)
Sesame Chicken Spicy Italian Cheesesteak (Regular/Large) Sandwiches, Salads & Parfaits Available Daily  Friday Burritos or Bowls Made to Order  Fresh Fish and Crab Cake With an Asian Flair  Noodle Bar  Soup Italian Wedding (12 oz. / 16 oz.) Spicy Italian Cheesesteak (Regular/Large)
Spicy Italian Cheesesteak (Regular/Large)  Sandwiches, Soup Italian Wedding (12 oz. / 16 oz.)  Please see page 2  \$0.44/oz. (b)  Soup Burritos or Bowls Made to Order  Friday  Friday  Breakfast  Turkey Sausage Breakfast Biscuit Pocket  Grilled Chicken with Tomato & Gorgonzola Mongolian Beef Spinach & Goat Cheese Cheesesteak (Regular/Large)  Spinach & Goat Cheese Cheesesteak (Regular/Large)  With an Asian Flair  Noodle Bar  Soup  Spinach & Garden Vegetable (v) (12 oz. / 16 oz.)  Please see page 2  \$0.44/oz. (b)  \$1.89/\$2.39  \$0.44/oz. (b)
Sandwiches, Salads & Parfaits Available Daily  Friday  Burritos or Bowls Made to Order  Fresh Fish and Crab Cake With an Asian Flair  Noodle Bar  Fiday  Breakfast  Friday  Breakfast  Turkey Sausage Breakfast Biscuit Pocket  Grilled Chicken with Tomato & Gorgonzola  Mongolian Beef Spinach & Goat Cheese Cheesesteak (Regular/Large)  Garden Vegetable (v) (12 oz. / 16 oz.)  Noodle Bar  \$1.89/\$2.39  \$0.44/oz. (b)  \$1.89/\$2.39  \$6.99/\$8.99  \$0.44/oz. (b)  \$1.89/\$2.39
Salads & Parfaits Available Daily  Friday  Burritos or Bowls Made to Order  Fresh Fish and Crab Cake With an Asian Flair  Noodle Bar  Please see page 2  \$0.44/oz. (b)
Available Daily    Burritos or Bowls   Made to Order   Spinach & Goat Cheese Cheesesteak (Regular/Large)   Spinach & Garden Vegetable (v) (12 oz. / 16 oz.)   Spinach & So.44/oz. (b)   Noodle Bar   So.44/oz. (b)   Spinach & Soe page 2   So.44/oz. (b)   Spinach & Soe page 2   So.44/oz. (b)   Spinach & Soe page 2   So.44/oz. (b)   Soe page 2   So.44/oz. (b)   Soe page 2
Burritos or Bowls Made to Order  Friday  Breakfast  Grilled Chicken with Tomato & Gorgonzola  Mongolian Beef  Spinach & Goat Cheese Cheesesteak (Regular/Large)  With an Asian Flair  Noodle Bar  Friday  Breakfast  Turkey Sausage Breakfast Biscuit Pocket  \$3.99  Mongolian Beef  Spinach & Goat Cheese Cheesesteak (Regular/Large)  Fresh Fish and Crab Cake  With an Asian Flair  Noodle Bar  Friday  Breakfast  Turkey Sausage Breakfast Biscuit Pocket  \$3.99  (b)  Spinach & Gorgonzola  \$6.49  Mongolian Beef  Spinach & Goat Cheese Cheesesteak (Regular/Large)  \$1.89/\$2.39  Please see page 2  \$0.44/oz.  (b)
Burritos or Bowls Made to Order  Breakfast  Grilled Chicken with Tomato & Gorgonzola  Mongolian Beef Spinach & Goat Cheese Cheesesteak (Regular/Large)  With an Asian Flair  Noodle Bar  Sup  Turkey Sausage Breakfast Biscuit Pocket \$3.99  Mongolian Beef Spinach & Goat Cheese Cheesesteak (Regular/Large)  Garden Vegetable (v) (12 oz. / 16 oz.)  Please see page 2  \$0.44/oz. (b)
Made to Order  Grilled Chicken with Tomato & Gorgonzola  Mongolian Beef Spinach & Goat Cheese Cheesesteak (Regular/Large)  Fresh Fish and Crab Cake With an Asian Flair  Noodle Bar  Grilled Chicken with Tomato & Gorgonzola  \$6.49  \$6.99 (b)  \$6.99/\$8.99 (b)  \$1.89/\$2.39  Please see page 2  \$0.44/oz. (b)
Made to Order  Grilled Chicken with Tomato & Gorgonzola  Mongolian Beef Spinach & Goat Cheese Cheesesteak (Regular/Large)  Fresh Fish and Crab Cake With an Asian Flair  Noodle Bar  Grilled Chicken with Tomato & Gorgonzola  \$6.49  \$6.99  \$6.99/\$8.99  \$1.89/\$2.39  Please see page 2  \$0.44/oz. (b)
Mongolian Beef Spinach & Goat Cheese Cheesesteak (Regular/Large) Fresh Fish and Crab Cake With an Asian Flair Noodle Bar  Mongolian Beef Spinach & Goat Cheese Cheesesteak (Regular/Large) Soup Garden Vegetable (v) (12 oz. / 16 oz.) Please see page 2  \$0.44/oz. (b) (b)
Fresh Fish and Crab Cake  With an Asian Flair  Noodle Bar  Garden Vegetable (v) (12 oz. / 16 oz.)  Please see page 2  \$0.44/oz. (b)  (b)
Fresh Fish and Crab Cake  With an Asian Flair  Noodle Bar  Garden Vegetable (v) (12 oz. / 16 oz.)  Please see page 2  \$0.44/oz. (b)  (b)
With an Asian Flair  Please see page 2  \$0.44/oz. (b)  Noodle Bar
Noodle Bar (b)
Offered Daily
Curry, Sapporo
6:30 am – 9:30 am Or Shio Ramen Continental Breakfast (b)
Beef, Chicken, 6:30 am - 11:00 am (h) Healthy Course Selection
Pork or Combo  Lunch
\$6.99 11:00 am – 2:00 pm (v) Vegetarian
Total or Vogotable (V)
Tofu or Vegetable (v)  \$ 5.99  \$ 11:00 pm - 2:00 pm  Café Hours of Operation: 6:30 am - 2:00 pm



(b)(4)



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
Tuesday		Pan-Seared Chicken Breast with Mushrooms and Pearl Onions
	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
Wednesday	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
Thumaday	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
Friday	Comfort Classics	Airline Roasted Turkey Breast, Tender Pork Roast Honey Glazed Ham with Pineapple Sauce
-	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

(b)(4)

# OHB Hot Bar Week 2 Menu

# **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** 

