

# OHB Main Café

Menu for the Week of  
09/19/16

(b)(4)

(b)(4)

**Freshly Prepared**

A [ ]  
Roasted Teriyaki  
Mushrooms (v)  
Roasted  
Brussel Sprouts (v)  
\$0.44 per ounce

The [ ] Feature  
**For September is Honey**  
Honey Granola  
Available at the Oatmeal  
Station

[ ]  
Melon Mondays  
Watermelon Lime  
Aqua Fresca  
\$1.79 for 20oz



**Wednesday September 21<sup>st</sup>**  
**South America**

Served at [ ]  
Choripan Argentino \$5.99  
Served at [ ]  
Barros Jarpa \$5.99



Served at [ ]  
**Atlanta**

Pork Pot Roast Sandwich with  
Caramelized Onions  
\$6.99

vs.

**New Orleans**  
Catfish Po-Boy  
\$6.99

[ ]  
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>	Strawberry Cream Cheese Stuffed French Toast (v)	\$3.99	
[ ]	Grilled Chicken Avocado BLT	\$6.49	
[ ]	Korean Bulgogi Beef BBQ	\$6.99	(b)(4)
[ ]	Brie and Caramelized Onion Cheesesteak (Regular/Large)	\$6.99/\$8.99	
<b>Soup</b>	Broccoli & Cheese (12 oz. / 16 oz.)	\$1.89/\$2.39	
[ ]	Please see page 2	\$0.44/oz.	(b)(4)

**Tuesday**

<b>Breakfast</b>	Buttermilk Waffle & Canadian Bacon Breakfast Stack	\$3.99	
[ ]	Bistro Ham & Swiss on Flatbread	\$6.49	
[ ]	Pho (Vegetarian or with Beef, Chicken, or Pork)	\$5.99/\$6.99	(b)(4)
[ ]	Chili Pepper Cheesesteak (Regular/Large)	\$6.99/\$8.99	
<b>Soup</b>	Cream of Potato (12 oz. / 16 oz.)	\$1.89/\$2.39	
[ ]	Please see page 2	\$0.44/oz.	(b)(4)

**Wednesday**

<b>Breakfast</b>	Multi Grain Pancakes with Apricot Compote (v)	\$3.99	(b)(4)
[ ]	Smoked Turkey with Cranberry & Cheddar	\$6.49	(b)(4)
[ ]	Stir-Fry Pork with Vegetables	\$6.99	(b)(4)
[ ]	Roasted Garlic & Mushroom Cheesesteak (Regular/Large)	\$6.99/\$8.99	
<b>Soup</b>	Chicken Gumbo (12 oz. / 16 oz.)	\$1.89/\$2.39	
[ ]	Please see page 2	\$0.44/oz.	(b)(4)

**Thursday**

<b>Breakfast</b>	Italian Sausage, Egg & Cheese Frittata	\$3.99	(b)(4)
[ ]	Roast Beef & Turkey with Dill Havarti	\$6.49	
[ ]	Pho (Vegetarian or with Beef, Chicken, or Pork)	\$5.99/\$6.99	(b)(4)
[ ]	Spicy Italian Cheesesteak (Regular/Large)	\$6.99/\$8.99	
<b>Soup</b>	Minestrone (12 oz. / 16 oz.)	\$1.89/\$2.39	
[ ]	Please see page 2	\$0.44/oz.	(b)(4)

**Friday**

<b>Breakfast</b>	Scrambled Eggs with Chorizo	\$3.99	(b)(4)
[ ]	Moroccan Vegetable Wrap (v) (h)	\$6.09	
[ ]	Shrimp with Snow Peas	\$6.99	(b)(4)
[ ]	Spinach & Goat Cheese Cheesesteak (Regular/Large)	\$6.99/\$8.99	(b)(4)
<b>Soup</b>	Tomato Florentine (12 oz. / 16 oz.)	\$1.89/\$2.39	
[ ]	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

(h) Healthy Course Selection

(v) Vegetarian

Café Hours of Operation: 6:30 am – 2:00 pm

OHB  Menu

(b)(4)

\$0.44 per ounce

**Monday**


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Healthy Course	Fennel Marinated Tilapia with Fennel Tzatziki Sauce Honey Roasted Pork Loin
Theme Bar	Ancho Rubbed Beef Brisket with Root Vegetables and Polenta Chicken Enchilada with Yucatan Pumpkin Seed Sauce, Pork Machaca
Comfort Classics	Southwest Turkey Meatballs, Roasted Eggplant Roulade Roasted Pork Belly with Blueberry & Red Plum Relish

**Tuesday**


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Healthy Course	Salmon with Roasted Cherry Tomatoes Honey Bourbon Pork Loin
Theme Bar	Beef Coconut Curry, Malai Chicken Yellow Curry Fish with Pineapple
Comfort Classics	Beef Lasagna, Southern Shrimp and Grits Roasted Pork Shoulder with Grilled Peach Salsa

**Wednesday**


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Healthy Course	Maple Mustard Pork Tenderloin with Caramelized Apples Orange Marinated Tilapia with Walnuts and Spiced Carrots
Theme Bar	Sweet and Sour Spare Ribs, Spicy Singapore Chicken Thai Curry Vegetables with Tofu
Comfort Classics	Cajun Roasted Jumbo Wings, Spicy Buffalo Wings Asian Teriyaki Garlic Wings, Carolina Style BBQ Wings

**Thursday**


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Healthy Course	Lemon and Oregano Rubbed Chicken Paillards Edamame Succotash with Shrimp
Theme Bar	Pork Piccata, Grilled Chicken with Creamy Lemon Pepper Orzo Pappardelle Veal Ragout, Whole Wheat Penne with Marinara
Comfort Classics	Roasted Turkey Breast (Airline breast), Pot Roast Spiced Baked Spiral Ham

**Friday**


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Healthy Course	Garlic Roasted Lamb with Oregano Pesto Apricot-Ginger Glazed Salmon
Theme Bar	Chicken & Vegetable Kebob, Greek Pasta with Tomatoes and White Beans Beef Shawarma, Mediterranean Eggplant Cheesecake with Red Pepper Coulis
Comfort Classics	Texas Road House Stew with Egg Noodles Smoked Sausage Jambalaya, Chicken Pot Pie



**Hot Bar Week 3 Menu**

(b)(4)

**Healthy Course Menu – Monday**

(b)(3)

**Fennel Marinated Tilapia with Fennel Tzatziki Sauce**

**Honey Roasted Pork Loin**

Creamy Scallop Potatoes

Curried Roasted Carrots and Cauliflower

Green Beans with Mushrooms

**Theme bar “Latin Style” - Monday**

**Ancho Rubbed Beef Brisket with Root Vegetables and Polenta**

**Chicken Enchilada with Yucatan Pumpkin Seed Sauce**

**Pork Machaca**

Spanish rice

Southwest Roasted Potatoes

Calabasitas Rostisadas (Roasted Squash with Peppers and Tomatoes)

Steamed Broccoli and Red Pepper

Arroz con Leche (Mexican Rice Pudding)

**Comfort Food/“American Classics” - Monday**

**Southwest Turkey Meatballs with Roasted Corn**

**Roasted Pork Belly with Blueberry & Red Plum Relish**

**Roasted Eggplant Roulade with Spinach and Ricotta**

Parmesan Garlic Red Skin Mashed Potatoes

Sweet Potato Fries

Roasted Brussel Sprouts

Peas and Onions

**Hot Dessert: Cherry Cobbler**

## **Healthy Course Menu – Tuesday**

**Salmon with Roasted Cherry Tomatoes**

**Honey Bourbon Pork Loin**

Parmesan Roasted Potatoes

Seasoned Carrots

Sautéed Cabbage

## **Theme bar “Indian” – Tuesday**

**Malai Chicken**

**Beef Coconut Curry**

**Yellow Curry Fish with Pineapple**

Basmati Rice/Brown Rice

Chana Masala

Tarka Dhal

Cauliflower with Shredded Ginger

Peas and Carrots with Cumin

## **Comfort Food/“American Classics” – Tuesday**

**Beef Lasagna**

**Roasted Pork Shoulder with Grilled Peach Salsa**

**Southern Shrimp and Grits**

Cajun Rice

Brown Rice

Roasted Eggplant

Cream of Spinach

**Hot Dessert: Apple Cobbler**

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

**Maple Mustard Pork Tenderloin with Caramelized Apples**

**Orange Marinated Tilapia with Walnuts and Spiced Carrots**

Couscous

Cider Glazed Carrots

Oven Roasted Green Beans

### **Theme bar “Asian Style” – Wednesday**

**Spicy Singapore Chicken**

**Sweet and Sour Spare Ribs**

**Thai Curry Vegetables with Tofu**

Stir Fry Rice/Brown Rice

Pan Fried So men Noodles

Steamed Sugar Snap Peas

Vegetable Stir Fry

### **Comfort Food/“Wings” – Wednesday**

**Cajun Roasted Jumbo Wings**

**Spicy Buffalo Wings**

**Asian Teriyaki Garlic Wings**

**Carolina Style BBQ Wings**

Island Mac and Cheese

Creamy Mashed Potatoes

Roasted Vegetables

Glazed Beets

## **Healthy Course Menu – Thursday**

**Lemon and Oregano Rubbed Chicken Paillards**

**Edamame Succotash with Shrimp**

Roasted Quinoa with Summer Vegetables

Maple Roasted Acorn Squash

Steamed Cauliflower

## **Theme bar “Italian” – Thursday**

**Pork Piccata with Lemons and Capers**

**Grilled Chicken with Creamy Lemon Pepper Orzo**

**Pappardella veal Ragout with Peppers**

**Whole Wheat Penne with Marinara**

Eggplant Parmesan

Creamy Polenta

Zucchini and Squash

Asparagus

## **Comfort Food/“Turkey” - Thursday**

**Roasted Turkey Breast (Airline breast)**

**Pot Roast**

**Spiced Baked Spiral Ham**

Garlic Roasted Potatoes

Honey Glazed Sweet Potatoes

Steamed baby carrots

Roasted Brussel Sprouts

**Hot Dessert: Blackberry Cobbler**

### **Healthy Course Menu – Friday**

**Garlic Roasted Lamb with Oregano Pesto**

**Apricot-Ginger Glazed Salmon**

Lo Fat Mashed Potato

Green Beans with Onions and Fennel

Corn Pudding

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

**Rosemary Skewered Chicken & Vegetable Kebob**

**Beef Shawarma**

**Greek Pasta with Tomatoes and White Beans**

**Mediterranean Eggplant Cheesecake with Red Pepper Coulis**

Crushed Carrots with Harissa & Pistachios

Spiced Red Lentils

Roasted Eggplant with Chick peas

Sautéed Onions and Peppers

### **Comfort Food/”Southern Classics” – Friday**

**Texas Road House Stew with Noddle’s**

**Smoked Sausage Jambalaya**

**Chicken Pot Pie**

Loaded Twice Baked Potatoes

Cheese Cauliflower

Roasted Root Vegetables (Turnips, Parsnips, Sweet Patato)

Braised Cabbage with Crispy Bacon

Steamed Vegetable Medley (Carrots, Lima Beans, Corn)

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

**Herb Marinated Grilled Chicken Breast**

**Herb Marinated Chicken Thigh**

**Fried Chicken Tender**

**Grilled Steak**

**Buffalo Chicken Tenders**