

# HEALTH & WELLNESS

# OHB Main Café

Menu for the Week of  
05/07/18

(b)(4)

Wednesday, May 9<sup>th</sup>  
11am – 1pm

(b)(4)

Get Movina

with



**Salad Bar with Fresh Fruits, Vegetables, & Whole Grains**

\$0.49 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

**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

## Monday

	Southern Avocado Chicken Panini	\$6.80
	Pho (Beef or Tofu)	\$6.49/\$7.49
	BLT Burger	\$6.99
	Beef Empanadas	\$7.49
	Black-Eyed Peas & Rice with Squash  , Baked Trout with Harissa	\$5.25/\$7.25
Soup	Spiced Lentil Soup  , Chef's Choice (12 oz./16 oz.)	\$2.69/\$3.49
Chili	Turkey Chili (12 oz./16 oz.)	\$2.89/\$3.59

## Tuesday

	Southern Avocado Chicken Panini	\$6.80
	Pad Thai (Shrimp, Chicken or Tofu)	\$6.49/\$7.49 (b)(4)
	BLT Burger	\$6.99 (b)(4)
	Beef Empanadas	\$7.49
	Pork Chops with Peach Chutney , Chicken with Fennel & Parsnips	\$5.25
Soup	Tomato Soup  , Chef's Choice (12 oz./16 oz.)	\$2.69/\$3.49
Chili	Turkey Chili (12 oz./16 oz.)	\$2.89/\$3.59

## Wednesday

	Southern Avocado Chicken Panini	\$6.80 (b)(4)
	Pho (Chicken or Tofu)	\$6.49/\$7.49 (b)(4)
	BLT Burger	\$6.99
	Beef Empanadas	\$7.49
	Argentinian Flank Steak , Aloo Matar	\$6.25/\$5.25
Soup	Chicken with Orzo Soup, Chef's Choice (12 oz./16 oz.)	\$2.69/\$3.49
Chili	Turkey Chili (12 oz./16 oz.)	\$2.89/\$3.59

## Thursday

	Southern Avocado Chicken Panini	\$6.80 (b)(4)
	Pad Thai (Shrimp, Chicken or Tofu)	\$6.49/\$7.49 (b)(4)
	BLT Burger	\$6.99
	Beef Empanadas	\$7.49 (b)(4)
	Herb Crusted Cod , Citrus Roasted Chicken	\$7.25/\$5.25
Soup	Beef & Toasted Barley Soup, Chef's Choice (12 oz./16 oz.)	\$2.69/\$3.49
Chili	Turkey Chili (12 oz./16 oz.)	\$2.89/\$3.59

## Friday

	Southern Avocado Chicken Panini	\$6.80
	Pho (Shrimp or Tofu)	\$6.49/\$7.49 (b)(4)
	BLT Burger	\$6.99
	Beef Empanadas	\$7.49
	Balsamic Glazed Salmon , Lentil, Chard & Sweet Potato Curry	\$7.25/\$5.25
Soup	Chicken Noodle Soup, Chef's Choice (12 oz./16 oz.)	\$2.69/\$3.49
Chili	Turkey Chili (12 oz./16 oz.)	\$2.89/\$3.59



Vegetarian



Vegan



Gluten-Free








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*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

\$0.49 per ounce






## Monday

Vegetable Bar	An assortment of fresh vegetables served daily	
Entrées	Sweet & Sour Meatballs	African Chicken & Peanut Stew
	Hoisin Glazed Salmon with Sesame Seeds	Moroccan Vegetable Stew with Chickpeas 
	Orange & Soy Glazed Pork Loin	Chef's Choice
	Vegetable Lo Mein 	
Sides	Green Beans & Red Peppers 	Roasted Sweet Potato Wedges 
	Sautéed Cabbage with Sesame Oil & Garlic 	Chef's Choice









## Tuesday

Vegetable Bar	An assortment of fresh vegetables served daily	
Entrées	Chorizo, Chicken, & Seafood Paella	Pulled Pork Tacos
	Grilled Piri Piri Chicken 	Espresso & Chipotle Rubbed Brisket 
	Fried Cod Fish Tacos	Chef's Choice
	Grilled Chili Lime Chicken 	
Sides	Black Beans 	Cilantro Lime Rice 
	Mexican Grilled Corn 	Chef's Choice



## Wednesday

Vegetable Bar	An assortment of fresh vegetables served daily	
Entrées	Three Cheese Ravioli with Pesto Sauce 	Build-your-Own Pasta Bar
	Moroccan Beef Kofta Kabobs	Chef's Choice
	Cod with Mediterranean Salsa 	
Sides	Eggplant with Yogurt Sauce 	Ratatouille with Chickpeas 
	Sautéed Spinach 	Chef's Choice

## Thursday

Vegetable Bar	An assortment of fresh vegetables served daily	
Entrées	Herb Roasted Turkey 	Citrus Marinated Pork Tenderloin 
	Risotto with Peas & Parsley 	Chicken Scampi
	Grilled Salmon with Basil Pesto Sauce 	Chef's Choice
	Lemon Chicken Cutlets	
Sides	Garlic Mashed Potatoes 	Cranberry & Sage Stuffing 
	Roasted Brussels Sprouts 	Green Bean Casserole 

## Friday

Vegetable Bar	An assortment of fresh vegetables served daily	
Entrées	Country Fried Steak with Gravy	Sweet & Spicy Sticky Wings, Buffalo Wings,
	Blue Cheese Burger Sliders	Mild Wings, Baked Lemon Garlic Wings
	Jamaican Jerk Pork	Chef's Choice
	Shrimp & Grits	
Sides	Dirty Rice	Carrot Sticks & Celery Sticks 
	Sautéed Kale 	Chef's Choice