

St. Mary's Café

Week of Monday August 30, 2010

Every Day

Menu substitutions may be necessary due to unforeseen circumstances
(10:30-7:00pm)

Mashed Potatoes & Gravy

Pizza

Grill: Hamburger, Veggie Burger, Grilled Cheese

Salad Bar, Sandwich Bar, Grab & Go Options

Assorted Salads & Desserts

HH = Heart Healthy

V = Vegetarian

Monday

Chef's Features: HH – BBQ Chicken
V – Broccoli Mushroom Casserole
Beef Tenderloin Tips w/ Rice
Sandwich: Ham & Cheese Pretzel
Vegetables: Mixed Vegetables
Green Beans
Starch: Mexican Rice
Cheese Nuggets
Soup: Southwest Chicken
Cream of Mushroom
Specialty Bar: Wrap Bar

Tuesday

Chef's Features: HH – Mediterranean Chicken
V – Asparagus Potato Tofu Pasty
Battered Cod
BBQ Beef Biscuit Dish
Sandwich:
Vegetables: Corn
Brussels sprouts
Starch: French Fries
Soup: Tomato Basil
Beef Vegetable
Specialty Bar: Chicken Caesar Bar

Wednesday

Chef's Features: HH – V – Six Cheese Lasagna
Chicken & Potato Bake
Tilapia Fish Fillets
Sandwich: Bean Quesadilla
Vegetables: Peas
Beets
Starch: Mashed Potatoes
Soup: Portabella Barley
Potato with Ham
Specialty Bar: Wrap Bar

Thursday

Chef's Features: HH – Roast Pork Loin
V – Broccoli Tofu Pita
Spaghetti & Meatballs
Sandwich: Grilled Beef or Veggie Patty Melt
Vegetables: Squash Casserole
Carrots
Starch: Mashed Potatoes
Soup: Chicken Noodle
Greek Minestrone
Specialty Bar: 7-Layer Salad Bar

Friday

Chef's Features: HH – Salisbury Steak
V – Wheat Pasta w/
Marinara Sauce
Tempura Sesame Chicken w/
Rice & Vegetables
Sandwich: Fish Sandwich
Vegetables: Broccoli Spears
Corn
Starch: Mashed Potatoes
Soup: Boston Clam Chowder
Mushroom Tortellini
Specialty Bar: Fish Bar

Saturday

Chef's Features: HH – Thai Chicken Breast
V – Red Beans & Rice
Beef Goulash
Sandwich: Brat on Bun
Vegetables: Carrots
Chef's Choice
Starch: French Fries
Soup: Vegetable
Minestrone

Sunday

Chef's Features: HH – Baked Cod
V – Vegetarian Lasagna
Breaded Baked Chicken ¼'s/Dressing
Monterey Jack, Turkey & Roasted
Sandwich: Pepper
Vegetables: Broccoli Spears
Chef's Choice
Starch: French Fries
Soup: Tomato
Beef Noodle