

St. Mary's Café

Week of Monday March 1, 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

Monday

Chef's Features: HH – Roast Pork
Oriental Broc-A-Flower

Sandwich: Chicken Eggplant Sandwich
Vegetables: Green Beans
Carrots

Starch: French Fries
Soup: Spinoccoli
Chef's Choice

Specialty Bar: Wrap Bar

Tuesday

Chef's Features: HH – Shrimp Creole/Rice
Chimichangas
Pasta with Alfredo Sauce

Sandwich:
Vegetables: Corn
Beets

Starch: Mexican Rice
Soup: Corn Chowder with Sausage
Chef's Choice

Specialty Bar: Baked Potato Bar

Wednesday

Chef's Features: HH – Lemon Chicken
Six Cheese Lasagna
Salisbury Steak

Sandwich: BBQ Pork on Bun
Vegetables: Asparagus
Corn

Starch: Onion Rings
Soup: Multi-Bean
Chef's Choice

Specialty Bar: Wrap Bar

Thursday

Chef's Features: HH – Potato-Crusted Cod
Cornflake Chicken Breast
Cabbage Au Gratin

Sandwich: Grilled Ham & Cheese
Vegetables: Broccoli
Sautéed Mixed Vegetables

Starch: Rice
Soup: Tomato Sausage
Chef's Choice

Specialty Bar: Curry Bar

Friday

Chef's Features: HH – Spinach/Bleu Cheese-Stuffed Chicken
Sicilian Crusted Salmon
Teriyaki Beef with Rice

Sandwich: Hot Beef Sandwich
Vegetables: California Blend
Beets

Starch: Rice
Soup: New England Clam Chowder
Chef's Choice

Specialty Bar: Fish Bar

Saturday

Chef's Features: HH – Baked Cod
Spaghetti with Meatballs
Breaded Chicken Breast on Bun

Sandwich:
Vegetables: Green Beans
Mixed Vegetables

Starch: French Fries
Soup: Tomato
Chef's Choice

Sunday

Chef's Features: HH – BBQ Chicken
Roast Pork/Dressing

Sandwich: Fish Sandwich
Vegetables: Broccoli
Corn

Starch: French Fries
Soup: Vegetable Mushroom
Chef's Choice