

# St. Mary's Café

Week of Monday March 15, 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 – BBQ Chicken  
Potato Broccoli Bake  
Baked Cod

Sandwich:

Vegetables: Carrots  
Asparagus

Starch: Rice

Soup: Mushroom Barley  
Chef's Choice

Specialty Bar: Wrap Bar

## Tuesday

Chef's Features: HH – Salisbury Steak  
Pasta w/Cheese Sauce  
Perch Fillets

Sandwich: Meatball Sandwich

Vegetables: Green Beans  
Corn

Starch: Roasted Potatoes

Soup: Tomato  
Chef's Choice

Specialty Bar: Southwestern Chicken Bar

## Wednesday

Chef's Features: HH – Yellow Fin Tuna  
Vegetable Lasagna  
Corned Beef & Cabbage

Sandwich: Breaded Pork Cutlet/Pretzel Bun

Vegetables: Broccoli  
Sweet Potatoes

Starch: French Fries

Soup: Split Pea with Ham  
Chef's Choice

Specialty Bar: Wrap Bar

## Thursday

Chef's Features: HH – Spinach/Bleu Cheese-Stuffed  
Chicken

Broccoli Bake

Tenderloin Tips/Rice

Sandwich: Cheese Taco Sandwich

Vegetables: Sautéed Green Beans  
Mixed Vegetables

Starch: Rice

Soup: Cream of Broccoli  
Chef's Choice

Specialty Bar: Burger Bar

## Friday

Chef's Features: HH – Poached Cod  
Szechwan Chicken with Rice  
Stuffed Peppers

Sandwich: Grilled Roast Beef & Swiss

Vegetables: Brussels Sprouts  
Corn

Starch: Rice

Soup: Manhattan Clam Chowder  
Chef's Choice

Specialty Bar: Fish Bar

## Saturday

Chef's Features: HH – Beef Tips Portabella  
Six-Cheese Lasagna  
Baked Cod

Sandwich: Breaded Chicken Breast on Bun

Vegetables: Cauliflower  
Chef's Choice

Starch: French Fries

Soup: Tomato  
Chef's Choice

## Sunday

Chef's Features: HH – Baked Salmon  
Breaded Baked Chicken ¼'s/Dressing

Sandwich: Sloppy Joe on Bun

Vegetables: Mixed Vegetables  
Chef's Choice

Starch: French Fries

Soup: Vegetable Barley  
Chef's Choice