

St. Mary's Café

Week of Monday March 8, 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 – Lemon Chicken
Asparagus Egg Casserole
Meat Lasagna
Sandwich: Grilled Ham & Egg Sandwich
Vegetables: Carrots & Peas
Green Beans
Starch: Boiled Reds
Soup: Chicken Noodle
Chef's Choice
Specialty Bar: Wrap Bar

Tuesday

Chef's Features: HH – Beef Tips Portabella
Baked Scrod
Caribbean Jerk Rice
Sandwich:
Vegetables: Corn
Mixed Vegetables
Starch: Seasoned French Fries
Soup: Beef Spaetzel
Chef's Choice
Specialty Bar: Chicken Tender Bar

Wednesday

Chef's Features: HH – Chicken Stroganoff/Noodles
Spinoccoli Casserole
Roast Pork/Dressing
Sandwich: Hot Beef on Bun
Vegetables: Broccoli
Beets
Starch: Potato Wedges
Soup: Navy Bean
Chef's Choice
Specialty Bar: Wrap Bar

Thursday

Chef's Features: HH – Six Cheese Lasagna
Stuffed Pork Chops
Pasta w/Marinara Sauce
Sandwich:
Vegetables: Green Beans
Carrots & Peas
Starch: Roasted Reds
Soup: Chicken Dumpling
Chef's Choice
Specialty Bar: Taco Bar

Friday

Chef's Features: HH – Poached Salmon
Swedish Meatballs with Noodles
Curry Rice & Shrimp
Hot Pork on Bun
Sandwich:
Vegetables: Italian Blend
Corn
Starch: French Fries
Soup: Boston Clam Chowder
Chef's Choice
Specialty Bar: Fish Bar

Saturday

Chef's Features: HH – Mediterranean Chicken
Breaded Cod Pieces
Chicken Burrito with Rice
Breaded Chicken Breast on Bun
Sandwich:
Vegetables: Green Beans
Chef's Choice
Starch: French Fries
Soup: Tomato
Chef's Choice

Sunday

Chef's Features: HH – Baked Cod
Breaded Baked Chicken ¼'s/Dressing
BBQ Pork on Bun
Sandwich:
Vegetables: Carrots
Chef's Choice
Starch: French Fries
Soup: Vegetable Barley
Chef's Choice