

# St. Mary's Café

Week of Monday, September 6, 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 – Cajun-Style Salmon  
V – Portabella Marinara  
French Dip

Sandwich: Sloppy Joe on Bun  
Vegetables: Green Beans  
Corn

Starch: French Fries  
Soup: Chicken Noodle  
Tomato Florentine

Specialty Bar: Wrap Bar

## Tuesday

Chef's Features: HH – Roast Pork Loin  
V – Pasta with Marinara Sauce  
Pasta w/ Meat Sauce  
Garlic Lime Salmon

Sandwich: Mixed Vegetables  
Vegetables: Broccoli

Starch: Seasoned Fries  
Soup: Vegetable Gumbo  
Beef & Mushroom

Specialty Bar: Chicken BLT Bar

## Wednesday

Chef's Features: HH – Salisbury Steak  
V – Veggie Stir fry w/ Rice  
Chicken Enchilada Casserole

Sandwich: Turkey Slaw-wich  
Vegetables: Corn  
Brussels sprouts

Starch: Rice  
Soup: Cream of Potato  
Cuban Black Bean

Specialty Bar: Wrap Bar

## Thursday

Chef's Features: HH – Jamaican Chicken  
V – Cuban Veggie Burger  
Stuffed Pork Chops

Sandwich: Carrots  
Vegetables: Asparagus  
Onion Rings

Starch: Turkey Dumpling  
Soup: Tomato

Specialty Bar: Antipasto Bar

## Friday

Chef's Features: HH – Sicilian-Crusted Salmon  
V – Spaghetti Vegett  
Chicken Szechwan w/ Rice  
Beef Enchiladas

Sandwich: Mixed Vegetables  
Vegetables: Beets

Starch: French Fries  
Soup: Cheese/Potato Chowder  
Chicken Gumbo

Specialty Bar: Fish Bar

## Saturday

Chef's Features: HH – Baked Cod  
V – Veggie Lasagna  
Baked Chicken Breast  
Ham & Cheese on Rye  
Breaded Chicken Sandwich

Sandwich: Cauliflower  
Vegetables: Green Beans

Starch: French Fries  
Soup: Tomato  
Chicken Dumpling

## Sunday

Chef's Features: HH – Baked Tilapia Fillets  
V – Potato Broccoli Bake  
Roast Beef w/Dressing  
Breaded Chicken Sandwich

Sandwich: Broccoli  
Vegetables: Corn

Starch: Seasoned Fries  
Soup: Vegetable  
Italian Wedding