

OCTOBER 21<sup>ST</sup>, MONDAY 2019

CAFÉ MENU:

YELLOW RICE W/VEGETABLES

CREAMY SWEET MASHED POTATOES

ROASTED CORN

CHILLI-STUFFED PEPPERS

CHIPOTLE CHICKEN

SEARED HANGER STEAK W/MUSTARD SAUCE

FRUIT STUFFED PORK LOIN W/GRAVY

PANKO CRUSTED FISH W/TZATZIKI

CHEESE MANICOTTI W/MARINARA SAUCE

PEANUT BUTTER BREAD PUDDING

SOUPS OF THE DAY: BEEF CABBAGE SOUP AND SPLIT

PEA SOUP

OCTOBER 22<sup>ND</sup>, TUESDAY 2019

CAFE MENU:

SAFRAN RICE

STEAMED CAULIFLOWER

ROASTED MIX VEGETABLES

CREAMY MASHED POTATOES

PUFF PASTRY TURKEY POT PIE

TARRAGON CHICKEN

MEAT LOAF W/GRAVY

ALMOND FLOUNDER

MUSHROOM RAVIOLI IN A MUSHROOM CREAMY SAUCE

PASTA PUTTANESCA

APPLE CRUMB PIE

SOUPS OF THE DAY:CHICKEN DUMPLING SOUP AND  
TOMATO AND CANNELLINI BEAN SOUP

OCTOBER 23<sup>RD</sup>, WEDNESDAY 2019

CAFE MENU:

BLACK BEANS AND RICE

FRIED PLANTAINS

FRIED YUCA W/ONIONS

STEAMED BROCCOLI

CHICKEN DRUMSTICKS

BRAISED OXTAIL

ROASTED PERNIL W/SPICY SAUCE

BAKED SALMON W/LEMON CAPER BUTTER

BURRATA RAVIOLIS W/TOMATO SAUCE

SHRIMP PASTA W/CREAMY CHIPOTLE SAUCE

PINEAPPLE UPSIDE-DOWN CAKE

SOUPS OF THE DAY:LENTIL SOUP AND BUTTERNUT

SQUASH SOUP

OCTOBER 24<sup>RD</sup>, THURSDAY 2019

CAFE MENU:

BASMATI RICE W/GOLDEN RAISINS

CURRY ROASTED POTATOES

CHICKPEA STEW

ROASTED EGGPLANT CURRY

CHICKEN CURRY

BAKED TURKEY MEATBALLS W/GRAVY

LAMB TIKKA MASALA

HADDOCK W/CREAMY PEPPER SAUCE

SCALLOP & SHRIMP RAVIOLI W/GARLIC CREAM

TRI-COLOR TORTELLINI W/CREAMY PESTO

SAMOSAS

SOUPS OF THE DAY: POTATO LEEK SOUP AND

MUSHROOM CREAM SOUP

OCTOBER 25<sup>TH</sup>, FRIDAY 2019

CAFE MENU:

JAMBALAYA

COLLARD GREENS

STEAMED ASPARAGUS

ROASTED BUTTERNUT SQUASH

JERK CHICKEN

BEEF STEW

ROAST PORK LOIN W/GRAVY SAUCE

LEMONY BAKED BASA

CREAMY MAC AND CHEESE

BISCUITS

PINEAPPLE STRUDEL

SOUPS OF THE DAY: NEW ENGLAND CLAM CHOWDER

AND MOROCCAN CHICKPEA SOUP