



NOVEMBER Go To Café Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Hot Lunch \$9.60 Sandwich of the Week (SnW) \$9 -Vegetarian Option Available Dessert Special \$4 -Salad of the Week (Saw) \$9 Soup of the Week (SoW) Cup \$3.58/ Bowl \$4.63</p>	<ul style="list-style-type: none"> • Breakfast 8 a.m.-10 a.m. • Lunch 11 a.m.-1:30 p.m. • Café is closed from 10 a.m.. To 11 a.m. • All items subject to availability. •  Heart Healthy Meal <p>**<i>Italicized items are new menu offerings.</i>***</p>	<p align="center"><u>November 4th-8th</u> <u>Flavors of Italy</u></p> <p>Italian cuisine includes deeply rooted traditions common to the whole country, as well as all the regional gastronomies that are different from each other and are in continuous exchange. Italian cuisine offers an abundance of taste, and is one of the most popular and copied around the world. The cuisine has influenced several other cuisines around the world, chiefly the form of Italian-American cuisine.</p>	<p><u>Parmigiana di Melanzane</u> (eggplant) - Disputed by many Italian regions, the origin of the dish is claimed by the southern regions of Calabria, Campania, Apulia and Sicily.</p> <p><u>Fregola Salad</u>- toasted bead-shaped pasta from Sardinia; it's nicely chewy and commonly used in savory salads.</p> <p><u>Carbonara</u>- Hot pasta tossed in a creamy egg sauce with crisps bits of Guanciale (Italian cured pork). It is most associated with Rome and the Lazio region, but as with so many Italian dishes, in Italy, its origin provokes much speculation and debate.</p>	<p><u>Chopped Italian Sub</u>-Italian cured meats, cheeses and vegetables chopped and tossed in Italian seasonings, oil & vinegar, and mayonnaise then served on a toasted hoagie.</p> <p><u>Tuscan White Bean & Sausage</u>- Cannellini beans, mild Italian sausage, spinach & squash, tomatoes, herbs & spices.</p> <p><u>Panna Cotta</u>- a traditional, easy, and delicious Italian custard made of 5 standard ingredients.</p>
<p align="center">NOV 4 (Featured Meal) <i>Parmigiana di Melanzane (eggplant) with Chopped Salad & Warm Bread</i></p> <p>SaW: <i>Fregola with Charred Onions, Roasted Tomatoes & Shaved Parmesan with Oil & Balsamic</i></p> <p>SoW: <i>Tuscan White Bean & Sausage Soup</i></p> <p>(SwN): <u>Chopped Italian Sub</u> <u>Dessert Special:</u> <i>Traditional Tiramisu</i></p>	<p align="center">NOV 5 Chicken Pie with Buttermilk Crust & Roasted Butternut Squash</p> <p>SaW: <i>Fregola with Charred Onions, Roasted Tomatoes & Shaved Parmesan with Oil & Balsamic</i></p> <p>SoW: <i>Tuscan White Bean & Sausage Soup</i></p> <p>(SwN): <u>Chopped Italian Sub</u> <u>Dessert Special:</u> <i>Traditional Tiramisu</i></p>	<p align="center">NOV 6 <u>Closing at 12:30 for Staff Appreciation Meal</u></p> <p>Jumbo Chili Dog with Slaw & Onions, and Onion Rings</p> <p>SaW: <i>Fregola with Charred Onions, Roasted Tomatoes & Shaved Parmesan with Oil & Balsamic</i></p> <p>SoW: <i>Tuscan White Bean & Sausage Soup</i></p> <p>(SwN): <u>Chopped Italian Sub</u> <u>Dessert Special:</u> <i>Traditional Tiramisu</i></p>	<p align="center">NOV 7 (Featured Meal) <i>Spaghetti Carbonara with Grilled Chicken & Garlic Bread</i></p> <p>SaW: <i>Fregola with Charred Onions, Roasted Tomatoes & Shaved Parmesan with Oil & Balsamic</i></p> <p>SoW: <i>Tuscan White Bean & Sausage Soup</i></p> <p>(SwN): <u>Chopped Italian Sub</u> <u>Dessert Special:</u> <i>Traditional Tiramisu</i></p>	<p align="center">NOV 8 <i>Shrimp & Grits with Sauteed Spinach</i></p> <p>SaW: <i>Fregola with Charred Onions, Roasted Tomatoes & Shaved Parmesan with Oil & Balsamic</i></p> <p>SoW: <i>Tuscan White Bean & Sausage Soup</i></p> <p>(SwN): <u>Chopped Italian Sub</u> <u>Dessert Special:</u> <i>Traditional Tiramisu</i></p>
<p align="center">NOV 11 White Chili with Corn Bread Muffins and a Baked Potato</p> <p>SaW: <i>Bronzed Shrimp Caesar Salad</i></p> <p>SoW: <i>New England Clam Chowder</i></p> <p>(SwN): <i>Philly Cheese Steak with Chips</i></p> <p><u>Dessert Special:</u> Classic Bread Pudding with Caramel Sauce</p>	<p align="center">NOV 12 Country Style Steak & Gravy over Rice with Green Beans</p> <p>SaW: <i>Bronzed Shrimp Caesar Salad</i></p> <p>SoW: <i>New England Clam Chowder</i></p> <p>(SwN): <i>Philly Cheese Steak with Chips</i></p> <p><u>Dessert Special:</u> Classic Bread Pudding with Caramel Sauce</p>	<p align="center">NOV 13 Grilled Cider Brined Pork Chops, Roasted Sweet Potatoes & Green Beans</p> <p>SaW: <i>Bronzed Shrimp Caesar Salad</i></p> <p>SoW: <i>New England Clam Chowder</i></p> <p>(SwN): <i>Philly Cheese Steak with Chips</i></p> <p><u>Dessert Special:</u> Classic Bread Pudding with Caramel Sauce</p>	<p align="center">NOV 14 Giouvetsi (Greek Lamb Stew) over Orzo with Sauteed Spinach</p> <p>SaW: <i>Bronzed Shrimp Caesar Salad</i></p> <p>SoW: <i>New England Clam Chowder</i></p> <p>(SwN): <i>Philly Cheese Steak with Chips</i></p> <p><u>Dessert Special:</u> Classic Bread Pudding with Caramel Sauce</p>	<p align="center">NOV 15 Fish & Chips with House Made Remoulade</p> <p>SaW: <i>Bronzed Shrimp Caesar Salad</i></p> <p>SoW: <i>New England Clam Chowder</i></p> <p>(SwN): <i>Philly Cheese Steak with Chips</i></p> <p><u>Dessert Special:</u> Classic Bread Pudding with Caramel Sauce</p>

NOVEMBERo To Café Menu

MONDAY

NOV 18 

Santa Fe Pasta Bake-Grilled Chicken, Sausage, Black Beans, Tomatoes & Peppers & Cheese with Bread

SaW: Black & Bleu Steak Salad

SoW: Chicken Noodle Soup

(SwN): Gyro with Chips

Dessert Special:
Boston Crème Poke Cake

TUESDAY

NOV 19

Chicken, Broccoli & Cheddar Casserole with Corn & a Cookie

SaW: Black & Bleu Steak Salad

SoW: Chicken Noodle Soup

(SwN): Gyro with Chips

Dessert Special:
Boston Crème Poke Cake

WEDNESDAY

NOV 20

Bacon or Turkey Sausage Links, Scrambled Eggs, Mini Pancakes & Grits

SaW: Black & Bleu Steak Salad

SoW: Chicken Noodle Soup

(SwN): Gyro with Chips

Dessert Special:
Boston Crème Poke Cake

THURSDAY

NOV 21

Carolina Burger with French Fries

(American cheese, mustard chili slaw & onions)

SaW: Black & Bleu Steak Salad

SoW: Chicken Noodle Soup

(SwN): Gyro with Chips

Dessert Special:
Boston Crème Poke Cake

FRIDAY

NOV 22 

Pretzel Crusted Salmon with Mustard Cream Sauce, Mashed Potatoes & Buttered Broccoli

SaW: Black & Bleu Steak Salad

SoW: Chicken Noodle Soup

(SwN): Gyro with Chips

Dessert Special:
Boston Crème Poke Cake

NOV 25

***CLOSED FOR BREAKFAST
THANKSGIVING HOLIDAY MEAL***

Turkey & Dressing with Gravy, Sweet Potato Casserole, Green Beans, Yeast Roll, Sticky Toffee Pumpkin Cake & a Beverage

\$16 plus tax per person

Reservations must be made firmly by 1 p.m. on November 18th.

NOV 26

Greek Baked Sea Bass, Lemon Potatoes & Chick Pea & Tomato Salad

SaW: ***Israeli Salad with Roasted Fall Squash, Feta, Charred Red Onion, Za'atar Vinaigrette & Roasted Pepitas***

SoW: Butternut Squash Bisque with Toasted Pepitas

(SwN): Curried Chicken Salad on Naan with Chips

Dessert Special:
Sticky Toffee Pumpkin Cake

NOV 27

BBQ Meatloaf "Muffins", Roasted Butternut Squash & Sweet Peas

(individual loafs baked in muffin tins)

SaW: ***Israeli Salad with Roasted Fall Squash, Feta, Charred Red Onion, Za'atar Vinaigrette & Roasted Pepitas***

SoW: Butternut Squash Bisque with Toasted Pepitas

(SwN): Curried Chicken Salad on Naan

NOV 28

CLOSED FOR THANKSGIVING

NOV 29

CLOSED FOR THANKSGIVING