


# January Go To Café Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Hot Lunch \$9.60</b> 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"> <li>• Breakfast 8 a.m.-10 a.m.</li> <li>• Lunch 11 a.m.-1:30 p.m.</li> <li>• Café is closed from 10 a.m.. To 11 a.m.</li> <li>• All items subject to availability.</li> <li>•  Heart Healthy Meal</li> </ul> <p><b>**<i>Bold Italicized items are new menu offerings.</i>***</b></p>	<p>This Month's Feature Flavor– Northern India January 20-24 Northern India-<b>Tikka Masala</b> is a dish consisting of marinated boneless grilled meats that are then served in a subtly spiced tomato-cream sauce. Northern India-<b>Saag Paneer</b>-leafy vegetable dish eaten with rice. Saag can be made from mustard greens, spinach or finely chopped broccoli, spices and Indian farmers cheese.</p>	<p>Pakistan-<b>Seekh kebab</b> is a type of kebab, native to the Indian subcontinent,<sup>(2)(1)</sup> made with Indian spices, spiced minced or ground meat, usually lamb, beef, or chicken, formed into cylinders on skewers and grilled, topped with Asian slaw, red onion cilantro and special yogurt sauce on warm naan. Central India- <b>Chaat Salad</b> colorful and vibrant Vegetables &amp; Citrus. Indian Fusion-<b>Pumpkin Curry Soup, Masala Chai Basque Cheesecake,</b></p>	<p><b>*FREE NEW YEARS MEAL*</b> <b>must sign up in café before 1:30 on Monday, December 30th.</b></p>
		<p>JAN 1 WE WILL BE SERVING THE LUNCH SPECIAL ONLY ON NEW YEARS DAY NO BREAKFAST SERVICE <b>**FREE NEW YEARS MEAL**</b> <b>Served from 11:30-1</b> BBQ Pork Ribs, Black Eyed Peas, Greens &amp; Cornbread SIGN UP BEFORE 1:30 ON MONDAY, DECEMBER 30TH</p>	<p>JAN 2 <b>Roasted Chicken with Warm Cranberry, Compote, Roasted Butternut Squash, &amp; Bleu Cheese-Walnut Green beans</b> SaW: <i>Fried Shrimp BLT Salad with Dill Pickle Ranch</i> SoW: White Bean &amp; Ham (SwN): Muffaletta-Italian Meats, Olive Spread, &amp; Provolone Cheese <b><u>Dessert Special:</u></b> Butterscotch Torte</p>	<p>JAN 3 Crab Cake with Remoulade, Roasted Red Pepper Orzo and Sauteed Spinach SaW: <i>Fried Shrimp BLT Salad with Dill Pickle Ranch</i> SoW: White Bean &amp; Ham (SwN): Muffaletta-Italian Meats, Olive Spread, &amp; Provolone Cheese <b><u>Dessert Special:</u></b> Butterscotch Torte</p>
<p>JAN 6 <b>Turkey Tetrazzini with Peas &amp; a Cheddar Biscuit</b> SaW: <i>Apple, Feta Spinach Salad with Dried Cranberries, Spiced Pecans and Warm Maple Bacon Vinaigrette</i> SoW: Italian Wedding Soup (SwN): <b>Beef Liver with Carnalized Onions &amp; Tomato Jam</b> <b><u>Dessert Special:</u></b> Earthquake Cake</p>	<p>JAN 7 <b>Hibachi Shrimp with Fried Rice, Sweet Carrots &amp; Special Sauce</b> SaW: <i>Apple, Feta Spinach Salad with Dried Cranberries, Spiced Pecans and Warm Maple Bacon Vinaigrette</i> SoW: Italian Wedding Soup (SwN): <b>Beef Liver with Carnalized Onions &amp; Tomato Jam</b> <b><u>Dessert Special:</u></b> Earthquake Cake</p>	<p>JAN 8 <b>Philly Cheesesteak Gnocchi with Steamed Broccoli</b> SaW: <i>Apple, Feta Spinach Salad with Dried Cranberries, Spiced Pecans and Warm Maple Bacon Vinaigrette</i> SoW: Italian Wedding Soup (SwN): <b>Beef Liver with Carnalized Onions &amp; Tomato Jam</b> <b><u>Dessert Special:</u></b> Earthquake Cake</p>	<p>JAN 9 Weiner Schnitzel with Spätzle &amp; Grilled Cabbage SaW: <i>Apple, Feta Spinach Salad with Dried Cranberries, Spiced Pecans and Warm Maple Bacon Vinaigrette</i> SoW: Italian Wedding Soup (SwN): <b>Beef Liver with Carnalized Onions &amp; Tomato Jam</b> <b><u>Dessert Special:</u></b> Earthquake Cake</p>	<p>JAN 10 Jerk Red Snapper (spicy or mild), Rice &amp; Peas, and Fried Plantains SaW: <i>Apple, Feta Spinach Salad with Dried Cranberries, Spiced Pecans and Warm Maple Bacon Vinaigrette</i> SoW: Italian Wedding Soup (SwN): <b>Beef Liver with Carnalized Onions &amp; Tomato Jam</b> <b><u>Dessert Special:</u></b> Earthquake Cake</p>

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<p>JAN 13 Spinach &amp; Feta Chicken Pot Pie with Phyllo Crust &amp; Za'atar Roasted Squash</p> <p><b>SaW:</b> Sesame Seared Tuna Steak with Orange-Soy Vinaigrette</p> <p><b>SoW:</b> Manhattan Seafood Chowder</p> <p><b>(SwN):</b> Chicken or Beef &amp; Lamb Gyro</p> <p><b><u>Dessert Special:</u></b> Carrot Cake</p>	<p>JAN 14 <b><i>Bread Bowl with Broccoli &amp; Cheddar Soup or Tomato Bisque &amp; a Garden Salad</i></b></p> <p><b>SaW:</b> Sesame Seared Tuna Steak with Orange-Soy Vinaigrette</p> <p><b>SoW:</b> Manhattan Seafood Chowder</p> <p><b>(SwN):</b> Chicken or Beef &amp; Lamb Gyro</p> <p><b><u>Dessert Special:</u></b> Carrot Cake</p>	<p>JAN 15 Shepherds Pie with Roasted Brussel's Sprouts</p> <p><b>SaW:</b> Sesame Seared Tuna Steak with Orange-Soy Vinaigrette</p> <p><b>SoW:</b> Manhattan Seafood Chowder</p> <p><b>(SwN):</b> Chicken or Beef &amp; Lamb Gyro</p> <p><b><u>Dessert Special:</u></b> Carrot Cake</p>	<p>JAN 16 Chicken &amp; Dumplings with Fried Okra</p> <p><b>SaW:</b> Sesame Seared Tuna Steak with Orange-Soy Vinaigrette</p> <p><b>SoW:</b> Manhattan Seafood Chowder</p> <p><b>(SwN):</b> Chicken or Beef &amp; Lamb Gyro</p> <p><b><u>Dessert Special:</u></b> Carrot Cake</p>	<p>JAN 17 <b><i>Cajun Salmon Pasta with Spinach, Capers &amp; Lemon Cream Sauce, and Grilled Garlic Bread</i></b></p> <p><b>SaW:</b> Sesame Seared Tuna Steak with Orange-Soy Vinaigrette</p> <p><b>SoW:</b> Manhattan Seafood Chowder</p> <p><b>(SwN):</b> Chicken or Beef &amp; Lamb Gyro</p> <p><b><u>Dessert Special:</u></b> Carrot Cake</p>
<p>JAN 20</p> <p><b>CAFÉ CLOSED IN OBSERVANCE OF MARTIN LUTHER KING JR. DAY</b></p>	<p>JAN 21 BBQ Chicken with Mac-n-Cheese &amp; Green Beans</p> <p><b>SaW:</b> Cajun Chicken Caesar</p> <p><b>SoW:</b> Loaded Potato Soup</p> <p><b>(SwN):</b> Buffalo Chicken Wrap</p> <p><b><u>Dessert Special:</u></b> Cannoli Pie</p>	<p>JAN 22 Big Pig in a Blanket, French Fries &amp; a Cookie</p> <p><b>SaW:</b> Cajun Chicken Caesar</p> <p><b>SoW:</b> Loaded Potato Soup</p> <p><b>(SwN):</b> Buffalo Chicken Wrap</p> <p><b><u>Dessert Special:</u></b> Cannoli Pie</p>	<p>JAN 23 Spaghetti Carbonara with Asparagus &amp; Garlic Bread</p> <p><b>SaW:</b> Cajun Chicken Caesar</p> <p><b>SoW:</b> Loaded Potato Soup</p> <p><b>(SwN):</b> Buffalo Chicken Wrap</p> <p><b><u>Dessert Special:</u></b> Cannoli Pie</p>	<p>JAN 24 Fried Catfish with Baked Potato, Hush Puppies &amp; Slaw</p> <p><b>SaW:</b> Cajun Chicken Caesar</p> <p><b>SoW:</b> Loaded Potato Soup</p> <p><b>(SwN):</b> Buffalo Chicken Wrap</p> <p><b><u>Dessert Special:</u></b> Cannoli Pie</p>
<p>JAN 27 <b><i>Saag Paneer over Rice with Grilled Naan</i></b></p> <p><b>SaW:</b> Chaat Salad with Citrus Dressing</p> <p><b>SoW:</b> Pumpkin Curry Soup with Pepitas &amp; Cilantro</p> <p><b>(SwN):</b> Chicken Seekh Kabab Roll</p> <p><b><u>Dessert Special:</u></b> Masala Chai Basque Cheesecake</p>	<p>JAN 28 Chili &amp; Cheddar Loaded Baked Potato with a Garden Salad</p> <p><b>SaW:</b> Chaat Salad with Citrus Dressing</p> <p><b>SoW:</b> Pumpkin Curry Soup with Pepitas &amp; Cilantro</p> <p><b>(SwN):</b> Chicken Seekh Kabab Roll</p> <p><b><u>Dessert Special:</u></b> Masala Chai Basque Cheesecake</p>	<p>JAN 29 Glazed Ham with Sweet Potato Mash &amp; Green Beans</p> <p><b>SaW:</b> Chaat Salad with Citrus Dressing</p> <p><b>SoW:</b> Pumpkin Curry Soup with Pepitas &amp; Cilantro</p> <p><b>(SwN):</b> Chicken Seekh Kabab Roll</p> <p><b><u>Dessert Special:</u></b> Masala Chai Basque Cheesecake</p>	<p>JAN 30 <b><i>Beef &amp; Lamb Tikka Masala with Rice &amp; Samosas</i></b></p> <p><b>SaW:</b> Chaat Salad with Citrus Dressing</p> <p><b>SoW:</b> Pumpkin Curry Soup with Pepitas &amp; Cilantro</p> <p><b>(SwN):</b> Chicken Seekh Kabab Roll</p> <p><b><u>Dessert Special:</u></b> Masala Chai Basque Cheesecake</p>	<p>JAN 31 Mediterranean Fish &amp; Beans (Salmon &amp; Butter Beans) with a Greek Salad</p> <p><b>SaW:</b> Chaat Salad with Citrus Dressing</p> <p><b>SoW:</b> Pumpkin Curry Soup with Pepitas &amp; Cilantro</p> <p><b>(SwN):</b> Chicken Seekh Kabab Roll</p> <p><b><u>Dessert Special:</u></b> Masala Chai Basque Cheesecake</p>