



Weekly Menu

Cafe Rowan July 20th - 24th

Monday

entrée: Penne with meat sauce & Garlic Bread

entrée: Chicken Thighs w/ Tandoori Sauce

side items: Sauteed Spinach

side items: Rice & Beans, Zucchini, Cobbler

exhibition Honest Bowl - with Grilled Chicken

soup: Broccoli Cheddar, Soup of the Day

Tuesday

entrée: Smothered Pork Chop

entrée: Baked Tilapia with Vera Cruz sauce

side items: Mexican Corn

side items: Orange glazed Carrots, Spanish Rice

side items: Plantains

exhibition Verde Latin Kitchen - Build Your Own Nacho

soup: Southwest Tortilla, Soup of the Day

Wednesday

entrée: Beef Stroganoff

entrée: Rotisserie Turkey Breast

side items: Summer Squash, Green Beans

side items: Mashed Potato, Gravy

side items: Stuffing, Cobbler

exhibition Buffalo Chicken Wrap with Ranch or Blue Cheese dressing

soup: White Chicken Chili & Soup of the Day

Thursday

entrée: Dijon Crusted Salmon

entrée: Chicken Fried Steak with Onion

side items: Lima Beans, Country Gravy

side items: White Rice, Cauliflower

side items: Fried Okra

exhibition Chicken Stir Fry with Rice Noodles

soup: Italian Wedding Soup, Soup of the Day

Friday

entrée: BBQ Chicken Quarters

entrée: BBQ Pulled Pork

side items: Corn on the cobb, Cobbler

side items: Baked Beans, Mac & Cheese

side items: Celery, Carrots, Ranch or Blue cheese

exhibition Liberty Street Wings Stop

soup: New England Clam Chowder, Soup of the Day

Saturday

entrée	Chef Special
entrée	Chef Special
sides	Chef Special
sides	Chef Special

Sunday

entrée	Chef Special
entrée	Chef Special
sides	Chef Special
sides	Chef Special

*Menu is subject to change due to availability.

Week 1