



Weekly Menu

Cafe Rowan Sept 7th-Sept 11th

Monday

entrée: Moroccan Chicken Thighs
entrée: Mediterranean Roast Pork Loin
side items: Garlic Broccoli, Roasted Vegetable blend
side items: Seasoned Rice, Roasted White Potatoes
Dessert: Dutch Apple Crumble
exhibition Kale Caesar with Grilled Chicken
soup: Tomato Bisque, Soup of the Day

Tuesday

entrée: Spanish Braised Beef
entrée: Chicken Fajitas
side items: Cilantro Rice, Roasted Corn
side items: Spanish Roasted Potatoes, Fresh Vegetable medley
exhibition Chicken or Cheese Quesadillas
soup: Southwest Tortilla, & Soup of the Day

Wednesday

entrée: Buttered Whiting
entrée: Braised Chicken breast with Lemon
side items: Israeli Cous Cous, Escalloped Potatoes
side items: Roasted Cauliflower, Fresh Vegetable medley
Dessert: Cherry Pie
exhibition Beef Salad with Feta and Orange Filets
soup: White Chicken Chili, & Soup of the Day

Thursday

entrée: Peking Chicken
entrée: Char Siu Beef
side items: Lo Mein with Vegetables, Asian Spiced Broccoli
side items: Sesame Green beans, Egg Rolls
exhibition Thai Chili Stir Fry with Shrimp
soup: Thai Tomato Soup, & Soup of the day

Friday

entrée: Chicken and Dumplings
entrée: Meat Loaf
side items: Mashed Potatoes, Mac & Cheese
side items: Peas and Carrots,
Dessert: Peach Cobbler
exhibition Chicken Wings Bone in or Boneless
soup: Broccoli and Cheese, & Soup of the Day

Week One

Saturday

entrée	BBQ Chicken
entrée	Brisket
sides	Collards
sides	Saute Potatoes

Sunday

entrée	Sunday Pot Roast
entrée	Chicken Pot Pie
sides	Mashed Potatoes
sides	Braised Vegetables

*Menu is subject to change due to availability.

