



Weekly Menu

Cafe Rowan September 15th - 19th

Monday

entrée: Balsamic Grilled Chicken Breast

entrée: Baked Spaghetti with Meat Sauce

side items: Corn on the Cob, Roasted Cauliflower

side items: Braised Cabbage, Apple Cobbler, Garlic Bread

exhibition Italian Panini

soup: Italian Wedding Soup, & Soup of the day

Tuesday

entrée: Herb Roasted Pork Loin

entrée: Homestyle Beef Stew

side items: Roasted Red Potatoes, White Rice

side items: Peas

side items: Yellow Squash w/ Red Pepper

exhibition Verde Latin Kitchen - Build your own Nacho

soup: Southwest Tortilla, & Soup of the Day

Wednesday

entrée: Tempura Sweet and Sour Chicken

entrée: Teriyaki Flank Steak

side items: Fried Rice, Egg Rolls

side items: Sesame Green beans, Broccoli and Carrots

side items: Peach Cobbler

exhibition Buffalo Chicken Salad

soup: Beef Chili & Soup of the Day

Thursday

entrée: Roasted Turkey

entrée: Salisbury Steak with Sauteed Onions and Mushrooms

side items: Mashed Potato, Macaroni & Cheese, Country Gravy

side items: Turnip Greens, Roasted Vegetables

side items:

exhibition Shrimp & Grits

soup: Loaded Potato Soup & Soup of the Day

Friday

entrée: Cajun Chicken with Penne Pasta & Alfredo sauce

entrée: Blakened Salmon

side items: Brown Rice Pilaf, Fresh Broccoli, Garlic Bread

side items: Green Beans

side items: Cherry Cobbler

exhibition Wings Stop - Drums & Flats

soup: 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

Cycle 2

*Menu is subject to change due to availability.