



Weekly Menu

Cafe Rowan Oct.

Monday

entrée: Cajun Jambalaya

entrée: Garlic and Shrimp Pene

side items: Succatash & Fried Okra

side items: Herb Baked Potato Wedges & Red Bea

side items: Cherry Cobbler

exhibition: Jerk Shrimp salad

soup: Chicken Noodle & Soup of the Day

Tuesday

entrée: ACP (Arroz con Pollo)

entrée: Mexican Spiced Brisket

side items: Grilled Broccoli & Saute Summer Squash

side items: Fiesta Potatoes & Spanish Corn

exhibition: Nachos

soup: Southwern Chicken & Soup of the day

Wednesday

entrée: Beef Lasagna

entrée: Tuscan Tortellini

side items: Creamed Spinach & Italian Vegetable

side items: Seasoned Potato Cubes & Mushroom R

side items: Dutch Apple Pie

exhibition: Ham and Cheddar Sour Dough Panini

soup: White Chicken Chili & Soup of the day

Thursday

entrée: General Tso Chicken

entrée: Asain 5 spice porkloin

side items: Egg Rolls & Vegetable Medley

side items: Fried Rice & Thai Chili potatoes

exhibition: Asian Stri fry with Rice Noodles and Shir

soup: Loaded Potato & Soup of the day

Friday

entrée: Smothered Chicken Thighs

entrée: Char Grilled Pork Chops with Sauerkrau

side items: White Rice & Bon fire potatoes

side items: Fresh Vegetable Medley & Peas and C

side items: Peach Cobbler

exhibition: Chicken Wings

soup: Clam Chowder

Saturday

entrée

Chef Special

entrée

Chef Special

sides

Chef Special

sides

Chef Special

Sunday

entrée

entrée

sides

sides

*Menu is subject to change due to availability.

5th-9th

ns

7

Medley
rice

np

t

arrots

Chef Special
Chef Special
Chef Special
Chef Special