

LRH CAFETERIA MENU

MONMARCH 18

BREAKFAST		
STEEL CUT OATS WITH CRANBERRIES, ALMONDS, TOPPED WITH MAPLE SYRUP		4.95
LUNCH		
SOUP OF THE DAY		
VEGETARIAN– ITALIAN MINESTRONE SOUP WITH FRESH HERBS		
SAUSAGE, KALE AND WHITE BEAN SOUP		
ENTRÉE		
DIJON CHICKEN WITH ARTICHOKE HEARTS, BLACK OLIVES WITH A MUSTARD CREAM SAUCE, BROCCOLI, AND BROWN RICE		CHICKEN: 5.95 BROCCOLI: 1.80 RICE: 1.60
BEEF CHILI SERVED WITH CHEDDAR CHEESE CORN BREAD		CHILI: 6.25 CORN BREAD: .80

WEDMARCH 20

BREAKFAST		
OATMEAL-WALNUT PANCAKES SERVED WITH MAPLE SYRUP		6.25
LUNCH		
SOUP OF THE DAY		
VEGETARIAN- RUSTIC BLACK BEAN SOUP WITH SWEET POTATOES, FRESH CILANTRO, SCALLIONS AND SOUR CREAM		
CHICKEN TORTILLA SOUP WITH CRISPY TORTILLA STRIPS		
ENTRÉE		
TRADITIONAL MACARONI AND CHEESE, OR ADD HAM AND CARAMELIZED ONIONS, SERVED WITH JULIENNED VEGETABLES		MAC & CHEESE: 5.50 WITH HAM: 6.60 VEGETABLE: 1.80
GRILLED SALMON WITH FRESH ASPARAGUS, BUTTER POTATOES AND HOLLANDAISE SAUCE		SALMON: 7.50 ASPARAGUS: 1.80 POTATOES: 1.60

FRI MARCH 22

BREAKFAST		
TREE HUGGER BENNY POACHED EGGS ON ROASTED VEGETABLES & SWEET POTATO HASH TOPPED WITH HOLLANDAISE SAUCE		7.50
LUNCH		
SOUP OF THE DAY		
CHEF’S CHOICE		
VEGETARIAN-VEGETABLE CHOWDER		
ENTRÉE		
FISH AND CHIPS WITH CURLY FRIES		HADDOCK: 7:50 FRIES: 3.25
TRI COLORED TORTELLINI WITH CHOICE OF SAUCE, GRILLED CHICKEN, AND ITALIAN VEGETABLES		TORTELLINI: 4.95 CHICKEN: 4.95 VEGETABLES: 1.80

TUE MARCH 19

BREAKFAST		
BREAKFAST BURRITO WITH BEANS, EGGS, SAUSAGE AND CHEESE, IN A WHOLE WHEAT WRAP		5.25
LUNCH		
SOUP OF THE DAY		
VEGETARIAN -RUSTIC BLACK BEAN SOUP WITH SWEET POTATOES, FRESH CILANTRO, SCALLIONS AND SOUR CREAM		
SAUSAGE, KALE AND WHITE BEAN SOUP		
ENTRÉE		
SEARED SALISBURY STEAK IN A DARK MUSHROOM HERB SAUCE, WITH MASHED POTATOES, AND MAPLE BUTTER GLAZED CARROTS		SALISBURY: 5.75 POTATOES: 1.60 CARROTS: 1.80
HOT GRILLED PORTOBELLO MUSHROOM AND ROASTED VEGETABLE SANDWICH, WITH CHEDDAR CHEESE, IN A GRILLED NAAN BREAD AND SERVED WITH FRIED CAULIFLOWER		SANDWICH: 5.50 CAULIFLOWER: 2.95

THU MARCH 21

BREAKFAST		
12 OZ PURPLE POWER SMOOTHIE		4.25
LUNCH		
SOUP OF THE DAY		
CHICKEN TORTILLA SOUP WITH CRISPY TORTILLA STRIPS		
VEGETARIAN-VEGETABLE CHOWDER		
ENTRÉE		
HOT PASTRAMI SANDWICH WITH CARAMELIZED ONIONS AND SWISS CHEESE ON RYE BREAD, SERVED WITH GARLIC PARMESAN CHIPS		SANDWICH: 6.60 CHIPS: 2.95
ROASTED PORK LOIN, WITH A MAPLE GLAZE, PRINCE CHARLES BLEND VEGETABLES, AND CONFETTI RICE		PORK: 5.95 VEGETABLE: 1.80 RICE: 1.60

DISCLAIMER:

- CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOOD BORNE ILLNESS.

THE KITCHEN IS CLOSED BETWEEN 10:00 AM AND 11:00 AM, BUT THE CAFETERIA WILL REMAIN OPEN WITH A LIMITED SELECTION OF FOOD OPTIONS.