

LRH CAFETERIA MENU: 9/07/26 – 9/11/26

| MONDAY<br>9/7                                                                                                                              |                                                                  | TUESDAY<br>9/8                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                    |
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| <b><u>BREAKFAST</u></b><br>CHEF CHOICE                                                                                                     | <b><u>BREAKFAST</u></b>                                          | <b><u>BREAKFAST</u></b><br>PEANUT BUTTER AND CHOCOLATE CHIP<br>OVERNIGHT OATS                                                                                                                                                                                                                                                                                                                                                                                                                        | <b><u>BREAKFAST</u></b><br>4.50                                    |
| <b><u>SOUP</u></b><br>CHEF CHOICE                                                                                                          | <b><u>SOUP</u></b>                                               | <b><u>SOUP</u></b><br>CREAMY TUSCAN CHICKEN SOUP                                                                                                                                                                                                                                                                                                                                                                                                                                                     | <b><u>SOUP</u></b><br>SMALL: 2.40<br>LARGE: 4.60                   |
| <b><u>LUNCH</u></b><br>CHEF CHOICE                                                                                                         | <b><u>LUNCH</u></b>                                              | ROASTED APPLE AND SQUASH                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <b><u>LUNCH</u></b><br>SALMON: 7.50<br>SPINACH: 1.80<br>RICE: 1.60 |
|                                                                                                                                            |                                                                  | <b><u>LUNCH</u></b><br>SALMON CAKE WITH SPINACH AND RICE<br>PILAF                                                                                                                                                                                                                                                                                                                                                                                                                                    | NY STEAK: 8.25<br>BEANS: 1.80<br>MASHED: 1.60                      |
|                                                                                                                                            |                                                                  | SEARED NY STRIP STEAK WITH AU JUS,<br>GREEN BEANS, AND MASHED POTATOES                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                    |
| WEDNESDAY<br>9/9                                                                                                                           |                                                                  | THURSDAY<br>9/10                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                    |
| <b><u>BREAKFAST</u></b><br>AVOCADO TOAST WITH TOMATOES AND<br>TWO POACHED EGGS ON SUNFLOWER<br>BREAD                                       | <b><u>BREAKFAST</u></b><br>6.95                                  | <b><u>BREAKFAST</u></b><br>BAGEL BAR WITH AN ASSORTMENT OF<br>CREAM CHEESE                                                                                                                                                                                                                                                                                                                                                                                                                           | <b><u>BREAKFAST</u></b><br>2.75                                    |
| <b><u>SOUP</u></b><br>SWEET POTATO CORN CHOWDER                                                                                            | <b><u>SOUP</u></b><br>SMALL: 2.40<br>LARGE: 4.60                 | <b><u>SOUP</u></b><br>CLASSIC CHICKEN NOODLE                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <b><u>SOUP</u></b><br>SMALL: 2.40<br>LARGE: 4.60                   |
| ROASTED APPLE AND SQUASH                                                                                                                   |                                                                  | SWEET POTATO CORN CHOWDER                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                    |
| <b><u>LUNCH</u></b><br>TURKEY BURGER WITH CARAMELIZED<br>ONIONS, SLICED APPLES, BBQ SAUCE AND<br>CHEDDAR CHEESE SERVED WITH ONION<br>RINGS | <b><u>LUNCH</u></b><br>BURGER: 7.75<br>ONION RINGS:<br>3.25      | <b><u>LUNCH</u></b><br>BUILD YOUR OWN ASIAN PLATE WITH<br>TEMPURA CHICKEN, TERIYAKI BEEF<br>SKEWERS, CRAB RANGOONS, PORK POT<br>STICKERS, EGG ROLLS, GENERAL TSO'S<br>CHICKEN, FRIED RICE AND STIR-FRIED<br>VEGETABLES                                                                                                                                                                                                                                                                               | <b><u>LUNCH</u></b><br>11.00                                       |
| GRILLED CHICKEN AND BROCCOLI<br>ALFREDO WITH PENNE PASTA AND GARLIC<br>KNOTS                                                               | ALFREDO: 8.50<br>GARLIC KNOTS:<br>7.50                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                    |
| FRIDAY<br>9/11                                                                                                                             |                                                                  | NOTES                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                    |
| <b><u>BREAKFAST</u></b><br>CHALLAH BREAD FRENCH TOAST                                                                                      | <b><u>BREAKFAST</u></b><br>6.75                                  | <i>PLEASE INFORM THE STAFF ABOUT ANY KNOWN ALLERGIES.</i>                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                    |
| <b><u>SOUP</u></b><br>CHEF CHOICE                                                                                                          | <b><u>SOUP</u></b><br>SMALL: 2.40<br>LARGE: 4.60                 | <b><u>DISCLOSURE:</u></b><br><i>*CONSUMING RAW OR UNDERCOOKED MEATS,<br/>POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY<br/>INCREASE YOUR RISK OF FOODBORNE ILLNESS</i>                                                                                                                                                                                                                                                                                                                                    |                                                                    |
| CLASSIC CHICKEN NOODLE                                                                                                                     |                                                                  | <b><u>CAFETERIA HOURS:</u></b><br><b>MONDAY-FRIDAY 6:30AM - 7:00PM</b><br>(CLOSED FOR BREAK FROM 3:30PM - 4:00PM) <ul style="list-style-type: none"><li>BREAKFAST WILL BE SERVED 6:30 AM - 10:00 AM</li><li>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.</li><li>LUNCH WILL BE SERVED FROM 11:00 AM TO 2 PM.</li><li>DINNER WILL BE SERVED FROM 4:30 PM TO 7PM</li></ul> <b>SATURDAY-SUNDAY 6:30AM – 2:00PM</b> |                                                                    |
| <b><u>LUNCH</u></b><br>ROASTED PORK LOIN WITH A WILD RICE<br>BLEND AND JULIENNE CARROTS                                                    | <b><u>LUNCH</u></b><br>PORK: 6.75<br>RICE: 1.60<br>CARROTS: 1.80 | PRICING AND AVAILABILITY ARE SUBJECT TO CHANGE.                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                    |
| FRIED HADDOCK SANDWICH WITH<br>LETTUCE AND TOMATOES ON A BRIOCHE<br>BUN SERVED WITH OLD BAY CHIPS                                          | HADDOCK: 7.50<br>CHIPS: 3.25                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                    |