

PAMC Café Menu

May 13 – May 19, 2012

Week 1

Sunday

Soup
Entrees

Italian Sausage & Tomato ♥ Roasted Corn & Wild Rice ♥
Tandoori Chicken, Indian Rice ♥
Salmon Provençal, Tri Roasted Potatoes
Pork Tamales, Spanish Rice
Monaco Blend ♥, Curried Lentils ♥

Vegetable/Legumes

Monday

Soup
Entrees

Chicken Wild Rice ♥, Beef Stroganoff Soup
Mac-n-Cheese
Turkey Meatloaf ♥, Mashed Potatoes ♥
Chicken & Black Bean Chili, Corn Bread
Peas & Carrots ♥, Navy Beans ♥

Vegetable/Legumes

Tuesday

Soup
Entrees

Oriental Noodle ♥, Lentil and Sausage ♥
Jalapeno Lime Chicken Breast ♥, Rice Pilaf ♥
Country Fried Steak, Mashed Potatoes ♥
5-Cheese Lasagna, Bread Stick
Italian Vegetables ♥, Black Beans ♥

Vegetable/Legumes

Wednesday

Soup
Entrées

Chicken and White Bean ♥, Tomato Florentine ♥
Snapper w/Shrimp Etouffée, Steamed Rice ♥
Chicken-n-Chips, BBQ Sauce or Teriyaki
Beef Cabbage Rolls, Mashed Potatoes ♥
Malibu Blend ♥, Savory Garbanzo Beans ♥

Vegetable/Legumes

Thursday

Soup
Entrées

Beef Vegetable ♥, Chicken Creole Gumbo
Chicken Adobo, Steamed Rice ♥
Red Pepper Glazed Salmon ♥, Quinoa Pilaf ♥
Chicken Supreme Enchiladas, Refried Beans ♥
Capri Blend ♥, Black Eyed Peas ♥

Vegetable/Legumes

Friday

Soup
Entrées

New England Clam Chowder, Chicken Noodle ♥
Baked Cod w/Pineapple Salsa ♥, Brown Rice ♥
Salisbury Steak, Mashed Potatoes ♥
Chili Verde, Corn Bread
Three Bean Medley ♥, Red Beans ♥

Side Dishes

Saturday

Soup
Entrées

3 Bean and Vegetable Soup ♥, Beef and Wild Rice
Cuban Style Chicken Breast ♥, Black Bean Rice
Pilaf ♥
Dijon Pork Loin, Mashed Potatoes ♥
Spaghetti & Meatballs, Bread Stick
Carrot Coins ♥, Lentils ♥

Side Dishes

♥ Healthier Options

 Lacto-ovo Vegetarian

We are interested in your comments! Please let us know how we can improve our services.

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Sauté Station & Sandwich Specials

Sunday

Raven – Roast Beef, Corned Beef, Swiss Cheese, with a Chipotle Aioli

Chicken Ranch Salad – Chicken, romaine, Cheddar cheese, baby corn, tomatoes, bacon ranch dressing

Monday – Szechuan Beef – Calrose Rice and Vegetable Egg Roll

Club House Croissant – Turkey, ham, bacon, Provolone, on Croissant.

Chicken Taco Salad – Chicken, tomatoes, red peppers, cheese, tortilla chips

Tuesday – Hand Carved Balsamic Glazed

Pork Loin – Wild Rice Pilaf or Roasted Red Potatoes and Chefs Choice Vegetable

Monday Monterey Chicken Wrap – chicken, shredded lettuce, pepper jack cheese, tomatoes, Monterey sauce

Greek Salad – Spinach, romaine, Beef Gyro meat, pepperoni, green olives, beets, feta, tomatoes, La Maison Herb dressing

Wednesday – PHO Soup Bar – Create your own soup with Chicken or Seafood, choice of vegetables and starches

Italian Sub – Salami, Ham, Pepperoni, Provolone, Red Onion, pepperoncini, onions, on Baguette

Cranberry Cobb Salad – Mixed Greens, Turkey, Bacon, eggs, dried cranberries and blue cheese

Thursday – Beef Yakisoba – Braised beef, carrots, cabbage, soba noodles and Egg Roll

Fish Taco – Flaked Cod, shredded cabbage, tomato, cilantro lime aioli, in a warmed tortilla

Chicken Spinach & Feta Salad – Chicken, spinach, bacon, feta, tomatoes, red onions, Egg balsamic dressing

Friday – Chicken Wings or Chicken Breast – Tossed in either Hot, Teriyaki or BBQ Sauces. Served with Baked Beans or Coleslaw.

Crab Cake Sliders – Crab cake, lettuce, tomato, cilantro lime aioli, w/side salad

Chicken Lemongrass Salad – marinated chicken, mixed greens, tomatoes, kidney beans, almonds, lemongrass vinaigrette.

Saturday

Southwestern Chicken Melt Wrap – Chicken, Pepper Jack, Romaine, Spinach, Tomato, in Red Chili Tortilla, with a Spicy Southwestern sauce

Tangy BBQ Chicken Salad – Romaine, Chicken, Cilantro, with Tangy Tomato Dressing