Daily Soups
Our fresh soups are scratch-made in house daily.

Sunday
Chicken Noodle ♥

Monday
Chicken Tortilla Soup

Tuesday
Curried Chicken & Rice

Wednesday
Potato Sausage and Kale Soup

Thursday
Alaska Chili Soup

Friday
New England Clam Chowder

Saturday
Chicken and Roasted Vegetable Soup ♥

Weekly 6:30am to 1:00pm and 3:00pm Café Hours
Limited Night Café Monday - Friday 10:00pm - 2:30am
Self Serve Breakfast from 6:30am - 10:30am
Lunch service begins at 11:00am
Sandwich Station ~ Monday - Friday 11:00 - 1:00pm
Sauté Station ~ Monday - Friday 11:15am - 1:00pm and 3:00pm - 6:00pm
Entrée Station ~ 11:00am - 7:00pm
Soup Station ~ 11:00am - 8:00pm

We are interested in your comments.
Please let us know how we can improve our services.
Forney Ingram Ext. 25684
Debra Black Ext. 25700
Lauri Ek-Watson, RD Ext. 23046

Sandwich Station ~ Monday
Our fresh soups are scratch made daily.
Chicken and Roasted Vegetable Soup

Saturday
Chicken and Roasted Vegetable Soup

Café Hours
Weekly 6:30am - 8:00pm
Limited Night Café Monday - Friday 10:00pm - 2:30am
Self Serve Breakfast from 6:30am - 10:30am
Lunch service begins at 11:00am
Sandwich Station ~ Monday - Friday 11:00 - 1:00pm
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PAMC Café Menu
Week 2
August 16—August 22

Entrée Station

Sunday
Sweet and Sour Pork, Steamed Rice ♥ ¥
Chicken Divan, Wild Rice Pilaf ¥
Veggie/Legume ~ Vegetable Medley ♥ ¥, Garbanzos ¥

Monday
Tilapia with Mango & Black Bean Salsa, Steamed Rice ¥
Coconut Chicken Curry, Basmati Rice ¥
Pot Roast, Mashed Potatoes ¥
Veggie/Legume ~ Peas and Carrots ♥ ¥, Black Eye Peas ¥

Tuesday
Portobello with Sun Dried Tomatoes ♥ ¥
Chicken Fajitas, Tortilla Bowl ¥, Cilantro Lime Rice ¥
Mongolian Beef, Steamed Rice ¥
Veggie/Legume ~ Tuscan Blend ¥, Pinto Beans ¥

Wednesday
Salmon with Blueberry BBQ Sauce, Rice Pilaf ¥
Chicken Marsala, Fettuccini Pasta ¥
Chicken Strips, Tater Tots ¥
Veggie/Legume ~ Collard Greens ¥, Savory Garbanzos ¥

Thursday
Pulled Pork Sandwich, Kohrabi Coleslaw ¥
Spaghetti and Meatballs, Pesto Parmesan Breadstick ¥
Bourbon Chicken, Vegetable Fried Rice ¥
Veggie/Legume ~ Turmeric Cauliflower ¥, Navy Beans ¥

Friday
Lemon Herb Seafood Cod, Quinoa Pilaf ¥
Beef Meatloaf with Tomato Glaze, Mashed Potatoes ¥
Chicken Cordon Blue, Steamed Rice ¥
Veggie/Legume ~ Buttered Corn ¥, Baked Beans ¥

Saturday
Chicken and Cheese Crispitos, Refried Beans ¥
Beef Pot Roast, Mashed Potatoes ¥
Veggie/Legume ~ Mexican Medley ¥, Lentils ¥
Healthier Options ♥ ~ Lacto-Ovo Vegetarian ¥

Sauté ~ Sandwich ~ Salad
Tofu may be substituted for the meat on any of the salads

Monday
Honey Sriracha Chicken Bowl - Crispy Baked Chicken Bites Tossed in a Honey Sriracha Glaze served over Rice with Your Choice of Vegetables
French Dip - Roast Beef & Swiss Cheese, Toasted on a French Roll, Served with Au Jus
Sweet Kale & Chicken Salad - Crispy Chicken, Chopped Kale, Greens, Dried Cherries, Candied Walnuts, Crumbled Feta with a Honey Jalapeno Dressing

Tuesday
Street Tacos - Chicken Tinga or Ground Beef Tacos with, Pinto Beans and Spanish Rice
Meatball Sub - Beef Meatball Sub on a Garlic Butter Baguette with Sweet Marinara Sauce, Roasted Peppers and Onions, Provolone Cheese and Fresh Basil Garnish.
Sesame Chicken Salad - Diced White Meat Chicken, Romaine, Cucumber, Mandarin Oranges and Crunchy Chow Mein Noodles, with an Asian Sesame Dressing

Wednesday
Tri-Color Cheese Tortellini Bar - Red or Cream Sauce, Choice of Veggies. Protein available for additional charge.
Turkey Caprese Melt - Sliced Turkey, Provolone Cheese and Tomato with Pesto Mayo on a Ciabatta Roll, garnished with Balsamic Glaze and Fresh Basil
Pad Thai Steak Salad - Marinated and Slow Roasted Beef Strips, Bell Peppers, Carrot Shreds, Red Cabbage, Bean Sprouts and Romaine with a Thai Peanut Dressing, Cilantro, Green Onion and a Sprinkle of Chopped Peanuts

Thursday
Roast Beef - Carved Roast Beef, Chef Choice Potatoes, Vegetable Blend, Au jus or Beef Gravy
Buffalo Crispy Chicken Wrap - Crispy Chicken, Lettuce, Tomato, Blue Cheese Crumbles and Spicy Buffalo Mayo
Glazed Chicken, Apple and Spinach Salad - Bourbon Glazed Sliced Chicken with Fresh Apple, Crumbled Bacon, Cherry Tomatoes, Slivered Almonds and Spinach Greens with a Creamy Honey Vinaigrette

Friday
Chicken Wings - Your Choice of Sauces served with Energy Slaw and Baked Beans
Banh Mi - Seasoned Pulled Pork, Sliced Ham, Carrot, Cucumber, Onion and a Cilantro Garnish with Spicy Chili Mayo on a Toasted Baguette
Cranberry Cobb Salad - Turkey, Bacon, Romaine, Red Onion, Egg, Dried Cranberries, Crumbled Bleu Cheese and a Creamy Dressing

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Sandwich Station ~ Monday
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