

Daily Soups

Our fresh soups are scratch-made in house daily.

Sunday

Chicken Noodle ♥
Green Chili Corn Chowder

Monday

Chicken Tortilla Soup
Leek and Potato Soup (V)

Tuesday

Chicken and Rice
Seafood Bisque

Wednesday

Potato, Sausage & Kale Soup
Broccoli Cheese Soup

Thursday

Coconut Curry & Butternut Squash Soup (V)
Alaska Chili

Friday

New England Clam Chowder
Minestrone Soup (V)

Saturday

Beef and Wild Rice Soup
Cream of Mushroom

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 - 1:30 pm

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.

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Debra Black Ext 25700

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PAMC Café Menu

Week 2

September 15 - September 21

Entrée Station

Sunday

Sweet and Sour Pork, Steamed Rice ♥ (V)
Chicken Divan, Wild Rice Pilaf (V)
Veggie/Legume ~ Vegetable Medley ♥ (V), Garbanzos (V)

Monday

Tilapia with Mango & Black Bean Salsa, Steamed Rice ♥ (V)
Coconut Chicken Curry, Basmati Rice ♥ (V)
Pot Roast, Mashed Potatoes (V)
Veggie/Legume ~ Peas and Carrots ♥ (V), Pinto Beans ♥ (V)

Tuesday

Portobello with Sun Dried Tomatoes ♥ (V)
Chicken Fajitas, Tortilla Bowl (V), Cilantro Lime Rice ♥ (V)
Mongolian Beef, Steamed Rice ♥ (V)
Veggie/Legume ~ Tuscan Blend ♥ (V), Black Eyed Peas ♥ (V)

Wednesday

Salmon with Blueberry BBQ Sauce, Rice Pilaf ♥ (V)
Chicken Marsala, Fettuccini Pasta
Chicken Strips, Tater Tots (V)
Veggie/Legume ~ Collard Greens ♥ (V), Savory Garbanzos ♥ (V)

Thursday

Pulled Pork Sandwich, Kohlrabi Coleslaw (V)
Spaghetti and Meatballs, Pesto Parmesan Breadstick (V)
Bourbon Chicken, Vegetable Fried Rice (V)
Veggie/Legume ~ Turmeric Cauliflower ♥ (V), Navy Beans (V)

Friday

Lemon Herb Seafood Cod, Quinoa Pilaf ♥ (V)
Beef Meatloaf with Tomato Glaze, Mashed Potatoes (V)
Chicken Cordon Blue, Rice Pilaf ♥ (V)
Veggie/Legume ~ Buttered Corn (V), Baked Beans

Saturday

Chicken and Cheese Crisпитos, Refried Beans (V)
Beef Pot Roast, Mashed Potatoes (V)
Veggie/Legume ~ Mexican Medley ♥ (V), Lentils ♥ (V)
Healthier Options ♥ ~ Lacto-Ovo Vegetarian (V)

Sauté ~ Sandwich ~ Salad

Tofu may be substituted for the meat on any of the salads

Monday

Street Tacos - Chicken Tinga or Ground Beef Tacos with, Pinto Beans and Spanish Rice
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

Honey Sriracha Chicken Bowl - Crispy Baked Chicken Bites Tossed in a Honey Sriracha Glaze served over Rice with Your Choice of Vegetables
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

Chicken Tortilla Soup—Create you own with Seasoned Chicken your choice of Beans, Vegetables and Garnish
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, Tomatoes, 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