### HHS CAFÉ MENU

**Gluten free bread & wraps available at deli station**

*Café Hours: Breakfast 7:00–9:30 Lunch 11:30–2:00*

<table>
<thead>
<tr>
<th>Day</th>
<th>Breakfast</th>
<th>Entrée</th>
<th>Healthy Balance</th>
<th>Deli Panini</th>
<th>Grill</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Monday</td>
<td>The Bittersweet - Two cinnamon French toast served with two strips of bacon or two sausage links &amp; a small coffee</td>
<td>Chicken Parmesan – Breaded chicken breast, marinara sauce, mozzarella cheese over penne pasta side Caesar salad and garlic bread stick</td>
<td>HB V Sweet and Sour Pepper Tofu over rice. Cal. 334, sodium 270 mg, chol 0mg, fat 8 g</td>
<td>Maple Mustard Ham &amp; Swiss Sliced ham &amp; Swiss cheese on a wheat roll with maple mustard spread, arugula, caramelized onions, tomatoes, side</td>
<td>Falafel Burger, spinach, roasted red pepper, Tzatiki sauce, Feta cheese on a Brioche bun served with a side Greek salad</td>
<td>$4.25</td>
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<td>Tuesday</td>
<td>The Greek Veggie Burrito - Grilled spinach, caramelized onion, diced tomato scrambled egg, crumbled Feta cheese in a tomato wrap &amp; a small coffee</td>
<td>Beef Burgundy over Egg Noodles served with steamed vegetable and a freshly baked wheat dinner roll</td>
<td>HBV Skillet Gnocchi with Chards &amp; white Beans</td>
<td>Cal 395, Sod209 mg, fat 3g, Chol62mg, sod.584mg</td>
<td>parmesan cheese and</td>
<td>$6.95</td>
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<td>Blue Boy Chicken and Apple Panini – Sliced chicken on a Ciabatta roll with crumbled blue cheese, sliced apples and Ranch dressing with a side</td>
<td></td>
<td>cucumber and</td>
<td>$6.50</td>
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<td>Wednesday</td>
<td>The New Yorker - One fried egg with melted cheese &amp; served on a bagel with side of fresh fruit &amp; small coffee</td>
<td>Southern Style Chicken &amp; Waffle with Bourbon spiced peaches and served fresh vegetable</td>
<td>HB Citrus Pork Loin served with corn couscous dried cranberries and roasted locally grown butternut squash Cal 515, Fat 12g, Chol 80mg, Sod 125mg</td>
<td>The Pilgrim Oven Roasted Turkey on a fresh Baked Baguette with an Herbed stuffing, cranberry mayo, cheese, caramelized onions with a side</td>
<td>BBQ Bacon Cheddar Burger Grilled burger topped with crisp bacon served on a grilled bulky roll and served with French Fries</td>
<td>$7.25</td>
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<td>Thursday</td>
<td>The Skinny Burrito - Egg whites, turkey sausage, melted cheese and oven roasted vegetable blend in a whole wheat wrap &amp; a small coffee</td>
<td>Mahi- Mahi with mango salsa, coconut rice and grill vegetables</td>
<td>GF/HB Peruvian-Style Roast Chicken with sweet onions, roasted sweet potato, and green beans Cal 395, fat 8g, chol 75mg, Sod 585mg sod</td>
<td>Fall Harvest Vegetable Panini – Fall roasted vegetables grilled on a focaccia roll with spinach, garlic cream cheese and a maple drizzle salad</td>
<td>Southern Fried Chicken Sandwich with mustard slaw, dill pickle aioli, lettuce, tomato served on Brioche bun with CCI fresh chips</td>
<td>$4.50</td>
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<td>Friday</td>
<td>The TGIF Scrambler- two scrambled eggs with minced ham. Served with a warm blueberry muffin &amp; small coffee</td>
<td>Buttermilk Fried Catfish served with dirty rice, Cajun rémoulade, Bourbon bacon butternut squash and corn bread</td>
<td>HB Chicken and Snow Peas over rice. Cal. 334, Chol 0mg, sodium 270 mg, pro 13g</td>
<td>Pork Roaster – Rosemary Pork Loin sliced on a Panzanlo roll with grilled Cinnamon apples, caramelized onions, gouda and a sage Mayo, with fries</td>
<td>Traditional Reuben, Sliced corned beef, sauerkraut, Swiss cheese on marble rye bread served with 1000 island dressing with French Fries</td>
<td>$4.75</td>
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**Before placing your order, please inform your server if a person in your party has a food allergy.**

For all your catering needs, stop by the Café & pick up our **Catering Guide.** Be sure to get a copy of our **Healthy Balance newsletter** in the Café!

- **V** = Vegetarian Selection
- **VV** = Vegan Selection
- **HB** = Healthy Balance Selection
- **GF** = Gluten Free Selection

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November 4, 2019

**This Week's Features:**

- **Monday**
  - Caesar Salad
  - Cream of Mushroom
- **Tuesday**
  - Wild Chicken Wing Toss
  - Soup Blount Chicken Poblano
- **Wednesday**
  - Carvery: Beef
  - Soup Blount Roasted Corn & Shrimp
- **Thursday**
  - Country Harvest Salad
  - Soup VV Barley Mushroom
- **Friday**
  - Soup Blount® New England Clam Chowder

Please contact Doris Cardenas, your Café Manager at:
202-205-5508
Doris.carndenas@hhs.gov
Visit us online at: [www.cci139.com](http://www.cci139.com)

“2,000 calories a day is used for general nutrition advice, but calorie needs vary” Additional nutrition information available upon request.”