<table>
<thead>
<tr>
<th>Day</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>The Skinny Burrito: Egg Whites, Turkey Sausage, Cheese and a blend of Roasted Vegetables in a Tortilla and Pressed Panini Style.</td>
<td>Soup: Turkey Soup w/ Arugula and Ditalini</td>
<td>Soup: Blount’s Chicken Poblano, Chicken Cacciatore Cavatappi, Roast Beef Vegetable and Barley, Shrimp Succotash with Couscous</td>
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<tr>
<td>Friday</td>
<td>TGIF Burrito: Three Eggs, potato hash &amp; crispy bacon with melted provolone, garlic &amp; tomato Aioli Sauce in a in a tortilla pressed Panini style</td>
<td>Soup: Blount’s New England Clam Chowder</td>
<td>Panini: GRILLED EGGPLANT LASAGNA: Served with Tomato Basil Sauce and a Garlic Bread Stick</td>
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</tbody>
</table>

**Food 4 Thought**

Consuming raw or undercooked meats, seafood and eggs may increase your risk of food borne illness. 2000 calories a day is used for general nutrition advice, but calorie needs vary. Addition nutrition information available upon request.

**Café Hours**

Monday through Friday: 7:30am - 7:00pm

Closed Weekends

Menu subject to change

**Features**

- **Monday**: Thai Beef Stir Fry
- **Tuesday**: Chicken Ratatouille
- **Wednesday**: Chicken Cacciatore
- **Thursday**: Shrimp Succotash
- **Friday**: Grilled Eggplant Lasagna

**Examples**

- **Soup**
  - Blount’s Chicken Poblano
  - Chicken Cacciatore Cavatappi
  - Roast Beef Vegetable and Barley
  - Shrimp Succotash with Couscous

- **Panini**
  - Roast Beef Panini: Lean Roast Beef w/ Caramelized Onions, Muenster Cheese and Dijon Mustard on Marble Rye.
  - Chicken Caesar BLT Wrap: Grilled Chicken, Romaine, Tomato, Bacon, Imported Parmesan and Caesar Dressing. Your choice of Wrap.
  - TUSCAN TUNA PANINI: Albacore Tuna Salad, Spinach, Sun dried Tomato Spread, Muenster Cheese and Smoked Paprika on Multi Grain Bread.

**Contact**

Please contact Stephen Peterson, The Café Manager at 617.636.4861

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Visit us online at: Tufts.Catertrax.com

**Notes**

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

Menu subject to change