**Plaza Cafe**

### Monday
- **Breakfast**
  - Pancake Sandwich: Two Pancakes with Ham, a Grilled Egg topped with Cheddar. Served with Syrup, Dusted with Sugar and Home Fries. $4.75
- **Soup**
  - Turkey Soup w/ Arugula and Ditalini $4.00/4.85
- **Entrée**
  - Thai Citrus Beef Stir Fry over Brown Rice: Julienne Strips of Roast Beef tossed in a Tangy Sauce with Broccoli, Onions, Celery, Bok Choy, Ginger, Peppers and Snap Peas. Served over Whole Grain Brown Rice. $7.20
- **Panini**
  - Roast Beef Panini: Thin n Trim Premium Beef, Caramelized Onion, Muenster and Dijon. Served on Rye. $6.95

### Tuesday
- **Breakfast**
  - Loaded Breakfast Panini: Texas Toast with Virginia Ham, Swiss, Bacon, Spinach, Tomato, and Mayo. Lightly pressed and Served with Home Fries. $5.25
- **Soup**
  - Roast Beef Vegetable and Barley 4.00/4.85
- **Entrée**
  - Carved Chicken Ratatouille: Marinated Boneless Breast Sliced and Served over a Fresh Vegetable Ratatouille with a Side Caesar Salad. $6.95
- **Panini**
  - California Cobb Panini: Grilled Chicken, Bacon, Blue Cheese Dressing, Sliced Egg, Romaine, Tomato and Avocado on Asiago Focaccia. $6.95

### Wednesday
- **Breakfast**
- **Soup**
  - Blount’s Chicken Poblano 4.25/5.25
- **Entrée**
  - Chicken Cutlet Parmesan: Boneless Panko Cutlet topped with Sauce and Three Cheeses. Served over Spaghetti with Tomato Basil Sauce and a Garlic Bread Stick. $7.20
- **Panini**
  - Spinach and Feta Panini: Clipped Spinach, Crumbled Feta, Provolone, Garlic and Olive Oil with Fresh Dill on Pressed Texas Toast. $5.95

### Thursday
- **Breakfast**
  - Chicken and Cheddar Omelet: Diced Chicken and Cheddar folded into a 3 Egg Omelet. Served w/ Fruit Salad and English Muffin. $5.50
- **Soup**
  - Vegetable Chili w/ Sweet Potato and Beans 4.25/5.25
- **Entrée**
  - BBQ Half Chicken: Bone in Chicken slow roasted and glazed with a Sweet Onion BBQ Sauce. Served with Succotash, Rice Pilaf and Watermelon. $7.50
- **Panini**
  - Chipotle Turkey Panini: Thin n Trim Premium Turkey Breast, Bacon, Chipotle Mayo, Roasted Peppers and Smoked Gouda on Texas Toast. $6.95

### Friday
- **Breakfast**
  - Chicken and Waffles: Two Waffle Wedges served with Crispy Chicken Tenders, Maple Syrup and Fresh Fruit Salad $5.75
- **Soup**
  - Blount’s New England Clam Chowder 4.25/5.25
- **Entrée**
  - Fresh Fish and Chip: Local Haddock lightly fried and glazed with a Sweet Tartar Sauce and French Fries. $7.25
- **Panini**
  - Tuscan Tuna Panini: Albacore Tuna Salad, Spinach, Sun dried Tomato Spread, Muenster Cheese and Smoked Paprika on Multi Grain Bread. $6.95

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**Café Hours**

<table>
<thead>
<tr>
<th>Meal</th>
<th>Time</th>
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<tbody>
<tr>
<td>Breakfast</td>
<td>7:30-10:30AM</td>
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<tr>
<td>Snacks &amp; Bev.</td>
<td>10:30-11:30AM</td>
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<tr>
<td>Lunch</td>
<td>11:30-2:00PM</td>
</tr>
<tr>
<td>Snacks &amp; Bev.</td>
<td>2:00-2:30PM</td>
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</tbody>
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Menu subject to change

**Vegetarian Selection**

**Vegan Selection**

**Healthy Balance Selection**

**Gluten Free Selection**

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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. Additional nutrition information available upon request.