### Monday

**Breakfast**
- **Pancake Sandwich**: Two Pancakes with Ham, Grilled Egg and Cheddar. Served with Syrup, Dusted with Sugar. Comes with Home fries

- **Soup**: Blount's Butternut Squash and Apple

- **Entrée**: Fried Chicken Dinner: Bone in Chicken Served with Red Bliss Garlic Mashed, Home Style Gravy, Cole Slaw and a Dinner Roll

- **Panini**: BLT Grilled Cheese: Muenster and Provolone Cheese on a Fresh Baked Ciabatta Roll with Crisp Bacon, Tomato and Arugula

**Tuesday**

**Breakfast**
- **Loaded Breakfast Panini**: Texas Toast with Virginia Ham, Swiss, Bacon, Spinach, Tomato, and Mayo. Lightly pressed and Served with Home Fries

**Soup**
- **Blount’s Caribbean Jerk Chicken**: $4.25/$5.25

**Entree**
- **Linguine & Red Sauce with Shrimp and Clams**: Chopped Clams, Sautéed Shrimp, Onions, Garlic, Spinach, Basil and Zucchini. Served over Pasta

**Panini**
- **Chicken Fajita**: Sliced Chicken with Grilled Onions, Peppers, Cheddar Cheese, Fajita Spiced Sour Cream and Tomatoes, pressed on a Flour Tortilla

**Wednesday**

**Breakfast**
- **English Muffin French Toast**: Whole Wheat English Muffin lightly dipped in Batter and Grilled. Served with Sausage and Home fries

**Soup**
- **Blount’s Chicken Poblano**: $4.25/$5.25

**Entree**
- **Taco Bar**: Choose from Soft or Crisp Corn Shell, with South West Chicken Breast, Seasoned Beef or Roasted Vegetables. Topped with Salsa, Sour Cream, Shaved Lettuce, Cheddar Cheese or Hot Sauce. Served with Rice.

**Panini**
- **Pesto Roasted Vegetable**: Oven Roasted Eggplant, Zucchini, Peppers, Onions and Mushrooms. Grilled with a Sundried Tomato Basil Pesto with Provolone Cheese on a Fresh Ciabatta Roll

**Thursday**

**Breakfast**
- **Spinach and Artichoke Omelet**: Fresh Baby Spinach, Artichoke, Cheddar and Diced Tomato folded into a 3 Egg Omelet. Served w/ Fruit Salad and Whole Wheat English.

**Soup**
- **Blount’s Vegetarian Lentil and Herb**: $4.25/4.85

**Entrée**
- **Buffalo Chicken Tenders with Baked Mac n Cheddar**: Two Jumbo Tenders Served with Blue Cheese Dressing, Baked Mac n Cheese and Zucchini Marinara.

**Panini**
- **Turkey Avocado**: Thin and Trim Turkey Breast with Sliced Avocado, Tomato, Cheddar Cheese, Red Onions and Honey Mustard on Fresh Baked Ciabatta.

**Friday**

**Breakfast**
- **Chicken and Waffles**: Two Waffle Wedges served with Crispy Chicken Tenders, Maple Syrup and Fresh Fruit Salad

**Soup**
- **Blount’s New England Clam Chowder**: $4.25/$5.25

**Entrée**
- **Baked Haddock Fillet**: Fresh Fillet topped with Lemon Herb Panko Crumbs. Served with Green Bean, Red Peppers, Carrots and Toasted Rice Pilaf.

**Grille**
- **Philly Style Steak n Cheese**: Thinly Sliced Extra Lean Steak grilled with Peppers and Onions. Topped with Cheese on Sub Roll with House Cooked Chips

---

**Café Hours**

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>7:30-10:30AM</td>
<td>7:30-10:30AM</td>
<td>7:30-10:30AM</td>
<td>7:30-10:30AM</td>
<td>7:30-10:30AM</td>
</tr>
<tr>
<td>Snacks &amp; Bev.</td>
<td>10:30-11:30AM</td>
<td>10:30-11:30AM</td>
<td>10:30-11:30AM</td>
<td>10:30-11:30AM</td>
<td>10:30-11:30AM</td>
</tr>
<tr>
<td>Lunch</td>
<td>11:30-2:00PM</td>
<td>11:30-2:00PM</td>
<td>11:30-2:00PM</td>
<td>11:30-2:00PM</td>
<td>11:30-2:00PM</td>
</tr>
<tr>
<td>Snacks &amp; Bev.</td>
<td>2:00-2:30PM</td>
<td>2:00-2:30PM</td>
<td>2:00-2:30PM</td>
<td>2:00-2:30PM</td>
<td>2:00-2:30PM</td>
</tr>
</tbody>
</table>

**Menu subject to change**

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

---

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.