### Monday
- **Breakfast**
  - **Pancake Sandwich:** Two Pancakes with Ham, a Grilled Egg topped with Cheddar. Served with Syrup & Dusted with Sugar. Comes with Home Fries.
  - **Moroccan Chicken w/ Couscous:** Roasted Thighs simmered in a Sauce with Onions, Carrots, Celery, Cilantro, Ginger, Raisins, Honey and Topped with Toasted Almonds. $6.95
- **Soup**
  - **Blount’s Chicken Kale and Sweet Potato**
  - **G/F Blount’s Moroccan Chicken Kale and Sweet Potato**

### 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**
    - **Blount’s Italian Wedding**
  - **Entree**
    - **Chicken Carbonara Cavatelli:** Sautéed Chicken with Onions, Broccoli, Bell Peppers, Bacon, Egg and Parmesan Cheese in a Rich Sauce with Basil. $7.20
  - **Panini**
    - **Meatball Melt:** Italian Style Meatballs, Marinara Sauce and Provolone Cheese on a Soft Baked Sub Roll with House Cooked Chips. $6.95

### Wednesday
- **Breakfast**
  - **English Muffin French Toast:** Whole Wheat English Muffin lightly dipped in Batter and Grilled. Served with Sausage and Home Fries. $6.95
  - **Soup**
    - **Blount’s Chicken Poblano**
  - **Entrée**
    - **Taco Bar:** Choose 2 Soft Shell or Crispy Corn Shells with your choice of Seasoned Beef, Southwest Chicken or Roasted Vegetables. Served with Salsa, Sour Cream, Lettuce, Cheddar and Hot Sauce. Served with Beans and Rice. $6.95
  - **Panini**
    - **Chipotle Chicken:** Grilled Chicken with Chipotle Mayo, Grilled Onions and Peppers, Tomatoes and Pickles. Served on a Fresh Baked Panzano Roll. $6.95

### 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. $5.50
  - **Soup**
    - **Chicken Barley Soup with Wild Mushroom**
  - **Entrée**
    - **Buffalo Chicken Tenders:** Crispy Tenders in Buffalo Sauce served with Baked Mac n Cheddar, Blue Cheese Dressing and Sliced Water Melon. $7.20
  - **Panini**
    - **Cranberry Turkey:** Thin n Trim Turkey Breast with Cranberry Mayo, Swiss Cheese, Arugula and Caramelized Onions on a Ciabatta Roll. With Chips. $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**
  - **Entrée**
    - **Baked Haddock:** Fresh fillet lightly crumbed and topped with a Fresh Vegetable Salsa. Served with Southwest Rice and Vegetable Medley. $7.20
  - **Panini**
    - **Tuna Florentine:** Albacore Tuna Salad, Baby Spinach and Swiss. Grilled on a Fresh Baked Ciabatta Roll or Wrap. Served with House Cooked Chips. $6.95

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**Café Hours**

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

**Menu subject to change**

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