

Cafeteria Hours

Monday through Friday:

7:00 a.m. to 6:30 p.m.

Serving Hours

Monday through Friday:

Breakfast - 7:00 a.m. - 10:00 a.m.

Lunch - 11:45 a.m. - 2:00 p.m.

Dinner - 5:00 p.m. - 6:30 p.m.



Main Station Café ***JANUARY Menu***

Saturdays, Sundays, Holidays:

Cafeteria & Serving Hours:

7:30 a.m. - 10:00 a.m.

11:45 a.m. - 1:30 p.m.

5:00 p.m. - 6:30 p.m.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January 2019				<i>HC = Healthy Choice</i> <i>LC = Lean Cuisine</i> <i>V = Vegetarian</i> <i>Menu subject to change without notice</i>		
		1 Pork Loin Roast Sausage Stuffed Tomato (V) German Potato Salad Sauerkraut Chicken Wild Rice 	2 Cheesy Chicken Bake Cheese Tortellini (V) Roasted Redskins Zucchini Rosemary Chicken Soup Minestrone	3 Chicken Fettucine Eggplant Mozzarella (V) Brown Rice Peas Sweet Pepper Beef Soup Smokey Poblano Soup (V)	4 Country Fried Steak Monterey Chicken Mashed Potatoes Broccoli Tomato Soup Pot Roast French Onion	5 Meatball Sub Honey Glazed Chicken Rice Pilaf Cauliflower Split Pea Soup
6 Cabbage & Noodles (V) Swiss Steak Mashed Potatoes Peas French Onion Soup	7 Artisan Mac & Cheese (V) Portobello & Swiss (V) Jalapeno Poppers Spinach Tomato Tortellini Soup 7 Bean Medley	8 Powerhouse Salad (V) Sloppy Joes Ranch Fries Yellow Squash Vegan Chili (V) Chicken Kale Quinoa Soup	9 Turkey Reuben BBQ Kraut Sandwich (V) Scalloped Potatoes Zucchini Rosemary Chicken Soup Vegetable Soup (V)	10 Pecan Berry Salad (V) Beef Burrito Mexican Rice Corn Sweet Pepper Beef Soup Cheeseburger Chowder	11 Fiesta Bowl SW Ranch Salad (V) Brown Rice Kyoto Blend Tomato Soup Ham & Bean Soup	12 Cheese Lasagna (V) (HC) Grilled Roast Beef Sweet Potato Tots Asparagus White Chicken Chili
13 Macaroni & Cheese (V) Chicken Half Mashed Redskins Red Cabbage Chophouse Potato	14 Egg Salad (V) Pasta Bar (V)  Bread Sticks Green Beans Tomato Tortellini Mediterranean Bean	15 Macaroni Beef Sweet Crunchy Wrap Breaded Mushrooms Turnip Greens Fire Roasted Vegetable (V) Greek Lemon Chicken Soup	16 Fried Chicken Salad Tomato Mozz Melt (V) Rice Pilaf Cauliflower Rosemary Chicken Soup Mushroom Orzo (V)	17 Manicotti (V) Pot Roast Burger Deep Fried Green Beans Carrots Sweet Pepper Beef Soup Artichoke & Spinach (V)	18 BBQ Beef Sandwich Chicken Caesar Wrap Roasted Redskins Roasted Brussel's Sprout Tomato Soup (V) Chili	19 Grilled Pork Chop Orange Ginger Chicken Jasmine Rice Snap Peas Lumberjack Vegetable Chili
20 Pork Roast Chip Beef/Toast Mashed Redskins Sauerkraut Pork Pozole	21 Cheese Enchilada (V) Grilled P&J (V) Orzo/Sauce Glazed Carrots Tomato Tortellini California Medley Soup	22 Eggplant Parmesan (V) Walking Taco Refried Beans Baked Peppers & Onions Vegan Chili (V) Italian Wedding Soup	23 Tomato Mozzarella (V) Chicken Wing Bar Brown Rice Venetian Blend Rosemary Chicken Soup Roasted Yukon/Cheddar	24 Cedar Plank Salmon Veggie Hummus Wrap Roasted Sweet Potatoes Asparagus Sweet Pepper Beef Soup Cream of Potato Soup	25 Beef Porcupine Philly Fries Mashed Redskins Broccoli Tomato Soup (V) Lobster Bisque	26 Shrimp Poppers Cabbage Roll (HC) Mashed Potatoes Cauliflower Corn Chowder
27 Mac & Cheese (V) Stuffed Peppers Sweet Potatoes Green Beans SW Black Bean Soup	28 Periogies (V) Veggie Sub (V) Garlic Mashed Potatoes Garden Broccoli Tomato Tortellini Mushroom Brie Soup (V)	29 Steak Burrito Hawaiian Pizza Garlic Bread Corn Baked Potato Chowder Fire Roasted Vegetable	30 Stuffed Shells (V, HC) Fried Cod Hushpuppies Green Beans Rosemary Chicken Soup Kickin' Crab Chowder	31 Honey Roasted Chicken Cheddar Mac/ Cheese Quinoa Carrots Baked Potato Chowder Sweet Pepper Beef		

Daily Grill Specials (Menu subject to change)

Mondays - Grilled Veggie Burger

Tuesdays- Grilled Chicken Sandwich

Wednesdays - Grilled Hamburger

Thursdays - Chili Cheese Dog

Fridays - Jumbo Grilled Cheese