

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.

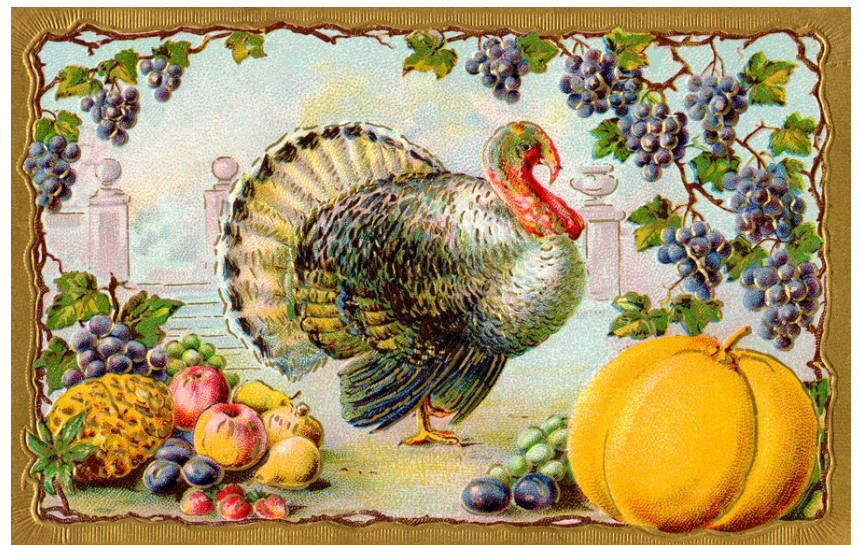


Saturdays, Sundays, Holidays:

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.



Main Station Café ***NOVEMBER Menu***



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NOVEMBER 2019			Menu subject to change without notice	HC = Healthy Choice V = Vegetarian		
					1 Grilled PB & J (V) Salisbury Steak (HC) Mashed Potatoes Red Cabbage Sweet Pepper Beef Soup Mushroom/Orzo Soup (V)	2 Beef Stew/Biscuit Cheese Pizza (V) Sweet Potato Tots Mixed Vegetables Vegetable Beef Soup
3 Cabbage & Noodles (V) Breaded Pork Chop Scalloped Potatoes Carrots Chicken Dumpling Soup 	4 Taco Casserole (V) Baked Spaghetti (V) Bread Sticks Cauliflower Tomato Tortellini (V) Corn Chowder (V)	5 Vegetable Frittata (V) Pot Roast Mashed Redskins Broccoli Fire Roasted Veggie (V) Pork Pozole Soup 	6 Egg Rolls (V) General Tso's Chicken Fried Rice Kyoto Blend Rosemary Chicken Soup Wisconsin Cheese Soup	7 Shrimp Scampi Cheese Quesadilla (V) Fettuccine Noodles Green Beans Sweet Pepper Beef Soup Pumpkin Soup	8 Fried Chicken Salad Philly Steak Sandwich Rice Pilaf Stewed Tomatoes Tomato Soup (V) Cheeseburger Chowder	9 Veggie Lasagna (HC)(V) Grilled Ham & Cheese Brown Rice Broccoli Corn Chowder
10 Stuffed Tomato (V) Hamburger Gravy Mashed Potatoes Brussel Sprouts Chicken Pot Pie	11 Stuffed Portobello (V) Sausage Stuffed Tomato (V) Sweet Potatoes Green Beans Tomato Tortellini (V) Artichoke & Spinach (V) 	12 Spag. Squash Casserole Oven Fried Whitefish Wild Rice Snap Peas Vegan Chili (V) Au Gratin Potato Soup	13 Cheese Lasagna (HC) (V) Chicken Wing Bar Broccoli Bites Cauliflower Rosemary Chicken Soup Mushroom Brie Soup (V)	14 Monterey Chicken Stuffed Shells (V) (HC) Fingerling Potatoes Lima Beans Sweet Pepper Beef Soup Cream of Broccoli (V)	15 Turkey Pot Roast Chicken Fingers Mashed Potatoes Asparagus Tomato Soup (V) Kickin' Crab Chowder	16 Ham Steak Cabbage Roll (HC) Roasted Potatoes Yellow Squash Harvest Grain Soup
17 Chop Steak Dinner Baked Salmon Garlic Mashed Potatoes Zucchini Ham & Bean Soup	18 Pasta Bar (V) Egg Salad Croissant (V) Red Beans & Rice Parisian Carrots Tomato Tortellini (V) Vegan Chili (V)	19 Manicotti (V) Beef & Broccoli Jasmine Rice Venetian Blend Fire Roasted Veggie (V) Italian Wedding Soup	20 Spaghetti/Meat Sauce Eggplant Parmesan (V) Bread Sticks Broccoli Rosemary Chicken Soup Chili	21 Taco Salad Tomato Mozz. Melt (V) Refried Beans (V) Corn Texas Taco Soup Sweet Pepper Beef	22 Pot Roast Burger Beef Pepper Steak (HC) Brown Rice Kyoto Blend Tomato Soup (V) Cheesy Chicken Soup	23 Baked Chicken Turkey & Noodles Mashed Potatoes Corn Beef Barley Soup
24 Mac & Cheese (V) BBQ Meatloaf Mashed Potatoes Green Beans Turkey Rice Soup	25 Veggie Fajita (V) Butternut Squash Enchilada Spanish Rice Peas & Carrots Tomato Tortellini (V) Smokey Poblano Cheese (V)	26 Stuffed Tomato (V) Meatball Sub Broccoli Bites Green Beans Beef Noodle Soup Vegan Chili	27 Artisan Mac & Cheese (V) Pork Wild Wings Buttered Noodles Roasted Brussel's Sprout Rosemary Chicken Soup Cactus Chili	28 Turkey Ham Stuffing Sweet Potato Soufflé Mashed Potatoes Green Beans Apple/ Pumpkin Soup 	29 Beef Stroganoff Spinach Florentine (V) Buttered Noodles Peas Rosemary Chicken Soup Butternut Squash Bisque	30 Grilled Bologna Chicken Kiev Au Gratin Potatoes Turnip Greens Wild Rice Soup
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 Saturdays - Grilled Black Bean Burger Sundays - Grilled Hamburger						