

Cafeteria Serving Hour

Monday through Friday:

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

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






*The cafeteria is closed on
Saturdays and Sundays*



Main Station Café **SEPTEMBER** Menu



September 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Menu subject to change without notice V-Vegetarian GF - Gluten Free				1 Black Bean Burger (V) Country Fried Steak Mashed Potatoes Peas California Medley Soup	2 Grilled Cheese (V) Parmesan Tilapia Garden Rice Prince Charles Veggies Tomato Soup (V)	3 Cabbage Roll Mashed Redskin Potatoes Broccoli Vegetable Beef Soup
4 Pulled Pork Au Gratin Potatoes Cole Slaw Beef Noodle Soup	5  Veggie Burger (V) Bratwurst/ Kraut Yukon Potatoes Green Beans Bourbon Steak Chili	6 Chicken Fingers Baked Spaghetti (V) Bread Sticks Corn On The Cob Chicken Dumpling Soup	7 French Bread Pizza Ham Steak Sweet Potatoes Cauliflower Cheese Broccoli Soup (GF)	8 Black Bean Burger (V) Beefy Mac & Cheese Escaloped Apples Spinach Mushroom Brie Soup (V)	9 Grilled Cheese (V) Shredded Chicken Sandwich Jalapeno Poppers Butterbeans Tomato Florentine Soup	10 Salisbury Steak Mashed Redskin Potatoes Kyoto Blend Ham and Bean Soup
11 Chicken Kiev Roasted Maple Sweet Potatoes Yellow Wax Beans Loaded Baked Potato Soup	12 Veggie Burger (V) Diamond Jim Butternut Squash Zucchini Tuscan Bean Soup (GF)	13 Chicken Fingers Cabbage & Noodles (V) Broccoli Cheese Bites Roasted Asparagus Sweet Pepper Beef Soup	14 Cauliflower Pizza (V) Chinese Pepper Steak White Rice Snap Peas Kale & Sausage Soup	15 Black Bean Burger (V) Monterey Chicken Sweet Potato Garden Broccoli Cream of Broccoli Soup (V)	16 Grilled Cheese (V) Fish Sandwich Hush Puppies Corn Tomato Soup (V)	17 Chicken Fajita Spanish Rice Roasted Black Beans & Corn Chicken Tortilla Soup
18 Meatball Sub Buttered Noodles Mixed Vegetables Stuffed Pepper Soup	19 Veggie Burger (V) Roast Beef Croissant Sweet Corn Bake Baked Beans Vegan Chili (V)	20 Chicken Fingers Artisan Mac & Cheese (V) Ranch Fries Brussel Sprouts Rosemary Chicken Soup	21 Buffalo Chicken Pizza Stuffed Pepper Baked Mozzarella Sticks Parisian Carrots Fire Roasted Veggie Soup (V) (GF)	22 Black Bean Burger (V) Sweet Sour Chicken Jasmine Rice Snap Peas Apple Pumpkin Soup 	23 Grilled Cheese (V) Hamburger Gravy Mashed Potatoes Green Beans Tomato Soup (V)	24 Lasagna Bread Stick Garden Broccoli Corn Chowder
25 Turkey Pot Roast Mashed Potatoes Baby Carrots Beef Barley Soup	26 Veggie Burger (V) Chicken Quesadilla Mexican Rice Beets Baja Chicken Soup	27 Chicken Fingers Turkey Reuben Baked Potato Broccoli Butternut Squash Soup (GF)	28 Cheese Pizza (V) Beef Stew /Biscuit Mashed Potatoes Yellow Squash Pot Roast French Onion Soup	29 Black Bean Burger (V) Tuna Melt Cheese Curds Mixed Vegetables Mexican Street Corn Soup	30 Grilled Cheese (V) BBQ Meatloaf Mashed Potatoes Prince Charles Veggies Chili	

Daily Grill Options: Hamburger and Grilled Chicken

