

## Café at 84 Menu – Scarborough, ME

Café at 84 has a six-week meal rotation. Week one starts October 1, 2012 and will cycle through every six weeks following.

<b>Week 1</b>					
	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Breakfast</i>	Eggs, bacon, home fries, oatmeal	Eggs, sausage, home fries, oatmeal	Breakfast sandwiches, home fries, oatmeal	Cheese omelets, bacon, home fries, oatmeal	Breakfast sandwiches, home fries, oatmeal
<i>Soups</i>	Southwest vegetable	Corn chowder	Garden vegetable	Wild rice	Clam chowder
<i>Main Event</i>	Hamburgers, veggies burgers, hot dogs	Southwest chicken breast	Pork chop w/ gravy	Turkey dinner	Baked haddock
<i>Main Event</i>	American chop suey	Mac & cheese	Cheese lasagna	Penne pasta & vegetable pesto bake	Chicken roma
<i>Starch</i>	Onion rings	Wild rice	Roasted root vegetables	Mashed potatoes	Potato wedges
<i>Vegetable</i>	Green beans	Mixed veggie	Broccoli casserole	Squash	Spinach
<i>Specials</i>	Pizza	Panini of the day		Pizza	Panini of the day

**Week 2**

	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Breakfast</i>	Eggs, sausage, home fries, oatmeal	Eggs, bacon, home fries, oatmeal	Breakfast sandwiches, home fries, oatmeal	Cheese omelets, bacon, home fries, oatmeal	Breakfast sandwiches, home fries, oatmeal
<i>Soups</i>	Cream of broccoli	Chicken noodle	Spinach cheese	Beef barley	Clam chowder
<i>Main Event</i>	Asian chicken	Stuffed chicken breast w/gravy	Meatloaf w/gravy	Chicken parmesan or chicken parmesan sandwich	Chicken cor don blu
<i>Main Event</i>	Chefs haddock	Zucchini casserole	Veggie lasagna	Southwest steak salad	Potato crusted cod
<i>Starch</i>	White rice	Roasted red potatoes	Mashed potatoes	Pasta & marinara sauce	Rice pilaf
<i>Vegetable</i>	Stir fry vegetables	Carrots	Corn	Garden mix vegetables	Broccoli spears
<i>Specials</i>	Panini of the day	Pizza	Panini of the day	Pizza	Panini of the day

**Week 3**

	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Breakfast</i>	Eggs, sausage, home fries, oatmeal	Eggs, bacon, home fries, oatmeal	Breakfast sandwiches, home fries, oatmeal	Cheese omelets, bacon, home fries, oatmeal	Breakfast sandwiches, home fries, oatmeal
<i>Soups</i>	Zucchini chowder	Chicken & dumpling	Tomato bisque w/rice	Sundried tomato w/chicken	Clam chowder
<i>Main Event</i>	Hamburgers, veggies burgers, hot dogs	Pork tenderloin w/apples	Pot roast w/gravy	Rotisserie style chicken	Chefs haddock
<i>Main Event</i>	Mac & cheese	Lobster roll w/broccoli coleslaw	Chicken tenders	Warm poppy seed chicken salad	Meat lasagna
<i>Starch</i>	Potato wedges	Sweet potato puffs	Mashed potatoes	Rice	Oven roasted baby baked potatoes
<i>Vegetable</i>	Asparagus	Broccoli spears	Baby carrots	Green beans	Garden blend vegetable
<i>Specials</i>	Panini of the day	Pizza	Panini of the day	Pizza	Panini of the day

**Week 4**

	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Breakfast</i>	Eggs, sausage, home fries, oatmeal	Eggs, bacon, home fries, oatmeal	Breakfast sandwiches, home fries, oatmeal	Cheese omelets, bacon, home fries, oatmeal	Breakfast sandwiches, home fries, oatmeal
<i>Soups</i>	Cream of broccoli	Corn chowder	Garden vegetable	Chicken noodle	Clam chowder
<i>Main Event</i>	Oven fried chicken	Chefs lemon dill salmon	Mac & cheese	Chicken quesadilla day	Baked haddock
<i>Main Event</i>	Beef chili w/ cornbread	Herb chicken breast	Chicken tenders	Stuffed peppers	BBQ chicken breast
<i>Starch</i>	Potato wedges	Garlic mashed potatoes	Rice pilaf	Red beans & rice	Baked potato
<i>Vegetable</i>	Green beans	Broccoli spears	Mixed vegetables	Baby carrots	Asparagus
<i>Specials</i>	Pizza	Panini of the day	Pizza	Pizza	Panini of the day

**Week 5**

	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Breakfast</i>	Eggs, sausage, home fries, oatmeal	Eggs, bacon, home fries, oatmeal	Breakfast sandwiches, home fries, oatmeal	Cheese omelets, bacon, home fries, oatmeal	Breakfast sandwiches, home fries, oatmeal
<i>Soups</i>	Cream of broccoli	Southwestern chowder	Spinach cheese	Wild rice & cheese	Clam chowder
<i>Main Event</i>	Pot roast w/gravy	Zucchini casserole	Meatloaf w/beef gravy	Taco salad day	Chicken marsala
<i>Main Event</i>	Potato crusted cod	Stuffed chicken breast w/ gravy	Veggie lasagna	Chicken tenders	Chef's salmon
<i>Starch</i>	Mashed potato	Veggie rice pilaf	Baked potato wedges	Mexicali rice	Rice pilaf
<i>Vegetable</i>	Corn	Broccoli spears	Green beans	Refried beans or garden blend vegetables	Baby carrots
<i>Specials</i>	Pizza	Panini of the day	Pizza		Panini of the day

**Week 6**

	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Breakfast</i>	Eggs, bacon, home fries, oatmeal	Eggs, sausage, home fries, oatmeal	Breakfast sandwiches, home fries, oatmeal	Cheese omelets, bacon, home fries, oatmeal	Breakfast sandwiches, home fries, oatmeal
<i>Soups</i>	Zucchini chowder	Tomato soup	Corn chowder	Southwest veggie chowder	Clam chowder
<i>Main Event</i>	Stuffed cabbage	Grilled cheese or grilled ham & cheese sandwich	Philly cheese steak sub	Stuffed shells	Chefs haddock
<i>Main Event</i>	Oven friend chicken	Turkey burgers on wheat rolls	BBQ chicken breast	Chicken tenders	Healthy vegetable lasagna
<i>Starch</i>	Mashed potato	French fries	Potato wedges	Veggie rice pilaf	Scalloped potatoes
<i>Vegetable</i>	Broccoli spears	Carrots	Green beans	Garden blend vegetables	Asparagus
<i>Specials</i>	Panini of the day	Pizza	Panini of the day	Pizza	Panini of the day