



**Look for the
Wellness and You
symbol to find your way
to better nutrition.**



Special Events

Please join us in the cafeteria
we are introducing a new five
week menu

Hours

Monday - Sunday: 6:45am to 8:00pm
Closed: 10:45 to 11:15
Nights: 11:00pm to 12:30am

Managers

Director: Evelyn Vance x43015
Retail/Catering Manager: Lee Almeida
x43016
Executive Chef: Ron Mahon x43018

Week 3



NCH TREE TOP CAFE

Menu for the Week of Monday January 19

MON	Soup:	Minestrone Soup 8oz	1.59
		Baked Potato Soup 8oz	1.59
		Black Bean Turkey Chili 8oz	1.79
	Entree:	Zucchini Strata	4.69
		Sesame Chicken & Pasta with Broccoli	3.99
	Late Night	BBQ Chicken	4.69
TUE	Soup:	Orzo & Meatball Soup 8oz	1.59
		Broccoli Cheddar Cheese Soup 8oz	1.59
		Black Bean Turkey Chili 8oz	1.79
	Entree:	Farmer's Meatloaf	3.99
		Macaroni and Cheese (LF)	3.99
	Late Night	Montreal Strip Loin	4.69
WED	Soup:	Turkey Noodle Soup 8oz	1.59
		Cream of Vegetable Soup 8oz	1.59
		Black Bean Turkey Chili 8oz	1.79
	Entree:	Tilapia Italiano	4.69
		Chicken Franchise	3.99
	Late Night	Chicken Alfredo	4.69
THU	Soup:	Chickpea & Tortellini Soup 8oz	1.59
		Canadian Cheese Soup 8oz	1.59
		Black Bean Turkey Chili 8oz	1.79
	Entree:	Spicy Orange Beef	4.69
		Louisiana Chicken & Shrimp Gumbo	3.99
	Late Night	Pork Chop with Sauerkraut	4.69
FRI	Soup:	Creamy Clam Chowder 8oz	1.59
		Vegetarian Lentil Soup 8oz	1.59
		Black Bean Turkey Chili 8oz	1.79
	Entree:	BBQ Pork Ribs	5.99
		Glazed Pollock	4.69
	Late Night	Grilled Tuna with Avacaado Sauce	4.69
SAT	Soup:	Minnesota Wild Rice Soup 8oz	1.59
		Garden Vegetable Soup 8oz	4.59
		Black Bean Turkey Chili 8oz	1.79
	Entree:	BBQ Turkey Meatloaf	3.99
		Peas & Carrots	.89
	Late Night	Spanish Rice Stuffed Chicken	4.69
SUN	Soup:	Navy Bean Soup 8oz	1.59
		Cream of Mushroom Soup 8oz	1.59
		Black Bean Turkey Chili 8oz	1.79
	Entree:	Stuffed Chicken Breast	3.99
		Spaghetti & Meatball	4.69
	Late Night	Create Your Own Omelet	4.69

Vegan Vegetarian Mindful