

Cafe Hours: Monday-
Friday 7:00am-1:30pm



Providence Center
Food Service Manager:
Josh Warren | 327-3169

Monday, January 21, 2019			
The Market	Moroccan Meatballs w/ Harissa Sauce/730 cal		\$4.00
The Market	Spicy Macaroni & Cheese/890 cal		\$3.70
Sides	Lentil Pilaf/120 cal		\$2.40/ea
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	Brown Butter Cauliflower/300 cal		
Flavor & Fire	Chicken Pasta Primavera w/ a Breadstick/850 cal		\$6.75
Field of Greens	Crispy Chicken Salad		\$4.35
Soup	Corn & Chorizo Chowder/270 cal	cup	\$2.80
		bowl	\$3.60
Tuesday, January 22, 2019			
Breakfast	Bacon or Sausage Breakfast Burrito/ 750-790 cal		\$4.20
The Market	Vegetable Lasagna/300 cal		\$3.70
The Market	Chicken w/ Artichoke Sauce/310 cal		\$3.70
Sides	Garlic Sourdough/210 cal		\$2.40 /ea
	Wild Rice Pilaf/160 cal		
	Broccoli/25 cal		
Flavor & Fire	Chicken Fajita Wrap w/ Corn Chips/660 cal		\$6.75
Field of Greens	Smoked Turkey & Swiss Salad/880 cal		\$6.75
Soup	Broccoli Cheddar/240 cal	cup	\$2.80
		bowl	\$3.60
Wednesday, January 23, 2019			
The Market	Hazelnut Chicken w/Mushroom Sauce/890 cal		\$3.70
The Market	Penne Pasta Bake/530 cal		\$4.00
Sides	Veggie Couscous/100 cal		\$2.40 /ea
	French Bread/130 cal		
	Garlic Green Beans/45 cal		
Field of Greens	Chicken Taco Salad		\$4.35
The Hearth	Chef's Choice Pizza		\$4.80
Soup	Minnesota Wild Rice/210 cal	cup	\$2.80
		bowl	\$3.60
Thursday, January 24, 2019			
Breakfast	Bacon or Sausage Breakfast Burrito/ 750-790 cal		1.95/3.05
The Market	Chicken Fried Steak/540 cal		\$4.00
The Market	Chicken Burrito w/ Creamy Green Sauce /790 cal		\$3.70
Sides	Roasted Red Potatoes/140 cal		\$2.40 /ea
	Spanish Rice/190 cal		
	Roasted Butternut Squash/50 cal		
Flavor & Fire	Mongolian Beef w/ Yakisoba Noodles/580 cal		\$6.75
Field of Greens	Chop Steak Salad/520 cal		\$6.75
Soup	Chicken Tortilla/100 cal	cup	\$2.80
		bowl	\$3.60
Friday, January 25, 2019			
The Market	Turkey Tetrazzini/320 cal		\$3.70
The Market	Roast Beef/360 cal		\$4.00
Sides	-		\$2.40/ea
	Mashed Potatoes & Gravy/170 cal		
	Brussels Sprouts w/ Maple Balsamic Glaze/90 cal		
Flavor & Fire	Roasted Vegetable Ragu over Spaghetti Squash w/ a Dinner Roll/260 cal		\$6.75
Field of Greens	Mediterranean Chicken Salad		\$4.35
Soup	Clam Chowder/260 cal	cup	\$2.80
		bowl	\$3.60