

Seasons Cafe

Monday, January 16

Soup

Chicken Noodle
Italian Sausage and Navy Bean
Chili Con Carne

Sandwiches and Salads

The St. Joe Sandwich
French Dip with Au Jus
Mozzarella and Prosciutto Sandwich

Entrees

Grilled Herb Crusted Pork Chop
Braised Spicy Chicken
Barbeque Chicken Quarters

Sides

Black Beans
Buttered Corn
Collard Greens
Green Beans
Macaroni and Cheese
Mashed Potatoes and Gravy
Twice Baked Beans
Yellow Rice

Pizzeria

Cheese Pizza
Pepperoni Pizza
Vegetable Pizza
Mediterranean Seafood Pizza

Right Bite (Choice of 1 Entrée and 2 Sides = 500 Calories or less)

Roasted Vegetable Stew
Spice Rubbed Chicken with Parsley Mint Sauce
Wild Rice Pilaf
Baby Carrots
Broccoli

Guest Vendors

EVOS (Lunch)
Panda Express (Dinner)

Seasons Cafe

Tuesday, January 17

Soup

Tomato Florentine
Split Pea with Ham
Chili Con Carne

Sandwiches and Salads

The St. Joe Sandwich
Cuban Sandwich
Cajun Shrimp Salad with Avocado, Corn and Salsa

Entrees

Mediterranean Chicken
Homemade Meat Lasagna
Rotisserie Chicken

Sides

Broccoli
Cauliflower
Corn and Chives
Green Beans
Macaroni and Cheese
Mashed Potatoes and Gravy
Rosemary Orzo and Wild Rice
Snow Peas and Sundried Tomatoes
Breadstick

Pizzeria

Cheese Pizza
Pepperoni Pizza
Vegetable Pizza
Tomato, Bacon and Feta Cheese Pizza

Right Bite (Choice of 1 Entrée and 2 Sides = 500 Calories or less)

Grilled Chicken Breast
Thai Basil Tilapia
Whole Wheat Asian Style Spaghetti
Lemon Green Beans
Zucchini Medley

Guest Vendors

Philly Phlava (Breakfast)
Tun-Du-Ree (Lunch)

Seasons Cafe

Wednesday, January 18

Soup

Beef Vegetable
Mediterranean Vegetable
Chili Con Carne

Sandwiches and Salads

The St. Joe Sandwich
Chicken Florentine Salad with Orzo Pasta
Beef Tenderloin and Cheddar Sandwich

Entrees

Picadillo
Chicken Tagine
Fried Chicken

Sides

Corn
Cous Cous with Fruit
Fresh Vegetable Medley
Herb Roasted Potato Medley
Macaroni and Cheese
Mashed Potatoes and Gravy
Parsley Carrots
Steamed White Rice
Vegetable Curry

Pizzeria

Cheese Pizza
Pepperoni Pizza
Vegetable Pizza Buffalo
Buffalo Chicken Pizza

Right Bite (Choice of 1 Entrée and 2 Sides = 500 Calories or less)

Chicken Cacciatore
Healthy Choice Beef Tips
Mashed Potatoes
Broccoli
Baked Sweet Potato

Guest Vendors

Philly Phlava (Breakfast, Lunch and Dinner)

Seasons Cafe

Thursday, January 19

Soup

Broccoli and Cheese
Thai Chicken Curry
Chili Con Carne

Sandwiches and Salads

The St. Joe Sandwich
Cuban Sandwich
Reuben Sandwich

Entrees

Spaghetti with Meat Sauce
Snapper with Tomatoes and Peppers

Sides

Baby Carrots
Broccoli
Green Beans
Rosemary Roasted Fingerling Potatoes
Wild Rice Pilaf
Garlic Breadstick

Pizzeria

Cheese Pizza
Pepperoni Pizza
Vegetable Pizza
Florentine Pizza

Right Bite (Choice of 1 Entrée and 2 Sides = 500 Calories or less)

Lean Cuisine Chicken Primavera
Rustic Italian Cod
Brown Rice
Roasted Tomatoes with Basil
Roasted Brussels Sprouts

Guest Vendors

Philly Phlava (Breakfast)
Mekenita Mexican Grille (Lunch)
Tun-Du-Ree (Dinner)

Seasons Cafe

Friday, January 20

Soup

Minestrone
New England Clam Chowder

Dessert (served warm at the Soup Station)

Apple Dumpling

Sandwiches and Salads

The St. Joe Sandwich
BBQ Beef Brisket Sandwich
Pulled Chicken Salad Sandwich

Entrees

Honey Mustard Chicken
Meatloaf

Sides

Baked Beans
Creamed Spinach
Green Beans
Loaded Baked Potatoes and Gravy
Squash Medley

Pizzeria

Cheese Pizza
Pepperoni Pizza
Vegetable Pizza
BBQ Chicken Pizza

Right Bite (Choice of 1 Entrée and 2 Sides = 500 Calories or less)

Grilled Chicken
Smokey Applewood Salmon
Quinoa and Black Beans
Baby Carrots
Broccoli

Guest Vendors

Philly Phlava (Breakfast)
Pipo's (Lunch and Dinner)