Week of 1/27 - 1/31

## THE CALVERT CAFE

## **FEATURES -**

**MONDAY** 

spud shack

**THURSDAY** 

tavola

**TUESDAY** 

verde

FRIDAY

king tide

WEDNESDAY

happy hen

DA

beef kielbasa

pulled pork

baked sweet & Idaho potatoes

tator tots

roasted broccoli

JESDAY

pulled chicken

beef taco meat

black beans

cilantro lime rice

grilled peppers & onions

WEDNESDAY

rotisserie chicken

fried chicken

macaroni & cheese

mashed potatoes

creamed spinach

JRSDA

tomato braised beef

lemon rosemary chicken

Italian sausage

penne & tortellini

peas & mushrooms

**FRIDAY** 

poached shrimp

salmon burger

fried flounder

smashed potatoes

summer succotash

SOUPS

**MONDAY** 

tomato basil

**TUESDAY** 

southwest tortilla

**WEDNESDAY** 

broccoli and cheese

**THURSDAY** 

baked stuffed potato

FRIDAY

clam chowder

**CONNECT WITH US** 

Director of Food & Nutrition

bradford.wendt@calverthealthmed.org

Phone: 410.535.8188