

Week of 12/16 – 12/20

THE CALVERT CAFE

FEATURES

MONDAY & Okra

THURSDAY tavola

TUESDAY verde

FRIDAY king tide

WEDNESDAY callaloo

MONDAY

smothered pork chop
sunday pot roast
garlic mashed potatoes
hash brown casserole
roasted vegetables

TUESDAY

beef taco meat
pulled turkey
Mexican street corn
cilantro lime rice
grilled peppers & onions

WEDNESDAY

caribbean jerk pork
island style curry chicken
yellow rice
okra & tomato
braised cabbage

THURSDAY

basil turkey meatball
chicken cacciatore
tortellini & penne pasta
roasted brussels
roasted tomato

FRIDAY

sesame crusted cod
maryland style crab cake
smashed red potato
jasmine rice
sweet & spicy brussels

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