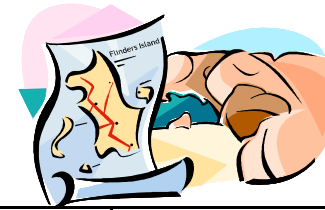


Café Metro Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>CANBERRA DAY</b>						
<u>SOUPS</u> Chicken Wild Rice Soup Cream Spinach Soup Chili	<u>SOUPS</u> Rustic Beef Soup Seven Bean Soup Chili	<u>SOUPS</u> Chicken Enchilada Soup Red Potato Soup Chili	<u>SOUPS</u> Meatball Pasta Soup Broccoli Cheese Soup Chili	<u>SOUPS</u> Chicken Gumbo Soup Lentil Soup Chili	<u>SOUPS</u> Tomato Bisque Soup	<u>SOUPS</u> Cream of Cauliflower Soup
<u>ENTRÉES</u> ♥ Pot Roast w/ Brown Gravy  \$ Bangers and Mashed  \$ Vegetarian Chicken Spaghetti  \$ Super Bird Sandwich	<u>ENTRÉES</u> ♥ Savory Baked Chicken  \$ Chopped Steak w/ Onion Gravy  \$ Vegetarian Stakletts  \$ Fish Sticks	<u>ENTRÉES</u> ♥ Healthy Choice \$ Pepper Steak  Chicken or Beef Fajitas  \$ Vegetarian Fajitas  \$ Reuben Sandwich	<u>ENTRÉES</u> ♥ Stuffed Cabbage Rolls  \$ Tempura Fried Fish  \$ Vegetable Lasagna Baked Potato Bar  \$ Hot Wings	<u>ENTRÉES</u> ♥ Healthy Choice \$ Sirloin Beef Tips  Barbecued Chicken  \$ Barbecued Fri Chik  \$ Fried Chicken	<u>ENTRÉES</u> ♥ Lean Roast Beef Brown Gravy  Mexican Chicken Casserole  \$ Black Bean Stew w/ Steamed Rice	<u>ENTRÉES</u> ♥ Six Cheese Lasagna  Chicken Strips w/ Cream Gravy  \$ Morning Star Chik'n w/ Cream Gravy
<u>SIDE DISHES</u> Mashed Potatoes Garden Rice Steamed Broccoli Peas & Carrots	<u>SIDE DISHES</u> Ranch Mashed Potatoes Rice Pilaf Squash Medley Cur Green Beans	<u>SIDE DISHES</u> Spanish Rice Pinto Beans Steamed Rice Sugar Peas Chuckwagon Corn	<u>SIDE DISHES</u> Hush Puppies Potato Tots Steamed Rice Catalina Vegetables Fried Okra	<u>SIDE DISHES</u> Steamed Rice Steak Fries Winter Mix Vegetables Seasoned Cabbage	<u>SIDE DISHES</u> Scalloped Potatoes Wild Rice Seasoned Carrots Asparagus Spears	<u>SIDE DISHES</u> Mashed Potatoes Steamed Rice Broccoli Normandy Scandinavian Vegetables
<u>BREADS</u> Fresh Baked Rolls Cornbread	<u>BREADS</u> Fresh Baked Rolls Corn Muffins	<u>BREADS</u> Fresh Baked Rolls Cornbread	<u>BREADS</u> Fresh Baked Rolls Corn Muffins	<u>BREADS</u> Fresh Baked Rolls Cornbread	<u>BREADS</u> Fresh Baked Rolls Corn Muffins	<u>BREADS</u> Fresh Baked Rolls Cornbread



- ♥ Heart Healthy
- \$ Daily Deal
- \$ Vegetarian
- \$ Short Order
- \$ Daily Deal includes:  
Designated entrée  
2 Sides of choice  
1 Bread of choice