

# Café 902 weekly lunch menu

	3/11 Monday	3/12 Tuesday	3/13 Wednesday	3/14 Thursday	3/15 Friday	3/16 Saturday	3/17 Sunday
<b>Breakfast</b> 6:30 AM – 10AM	Full Service Breakfast	Full Service Breakfast	Full Service Breakfast	Full Service Breakfast	Full Service Breakfast	Full Service Breakfast	Full Service Breakfast
<b>Soup</b> 10:30 AM – 3:30 PM	Beef Barley Small 90 cal Large 180 cal	<b>OSG Minestrone</b> Small 70 cal Large 140 cal	Tomato Florentine Small 50 cal Large 100 cal	Beef Vegetable Small 45 cal Large 90 cal	Cabbage Small 60 cal Large 120 cal	Chicken Noodle Small 110 cal Large 220 cal	Mushroom Barley Small 70 cal Large 140 cal
<b>Lunch Entrée</b> 10:30 AM – 1:30 PM	Pork Medallions 240 cal	Beef Stew 320 cal	Vegetable Stuffed Turkey	Stuffed Pepper 360 cal	Cod Bella Vista 170 cal	Baked Ham 150 cal	Spinach Stuffed Pork Loin 190 cal
<b>Chef's Special</b>	<b>Call Café 902 by 3 PM to find out the Chef's Special 609-589-4376 or check on <a href="http://www.njmasonic.org">www.njmasonic.org</a> and Twitter @902Cafe</b>						
<b>Sides</b>	Garden Vegetables 80 cal	Spinach 50 cal	Green Peas 90 cal	Cauliflower 45 cal	Braised Greens and Peppers 60 cal	Stewed Tomatoes 45 cal	Acorn Squash 100 cal
	Rice Pilaf 160 cal	Egg Noodle 130 cal	OSG Red Bliss Potatoes 110 cal	White Rice 130 cal	Buttered Noodles 180 cal	Mac and Cheese 320 cal	Herbed CousCous 150 cal

GLUTEN FREE (G) / MEATLESS (ML)

OH SO GOOD (LOWER IN FAT AND SODIUM)

# Café 902 weekly dinner menu

	3/11 Monday	3/12 Tuesday	3/13 Wednesday	3/14 Thursday	3/15 Friday	3/16 Saturday	3/17 Sunday
<b>Snack Time</b> 2 PM – 3:30 PM	Yogurt Parfait	Philly Cheese Steak Dip	Peach Smoothies	Milkshakes	Waffle Day		
<b>Soup</b> 3:30 PM – 7 PM	Lentil & Ham Small 110 cal Large 220 cal	Manhattan Clam Chowder Small 110 cal Large 220 cal	<b>OSG Lentil Chili</b> Small 160 cal Large 320 cal	Split Pea Small 120 cal Large 240 cal	Cream of Broccoli Small 110 cal Large 220 cal	Dill Potato Small 130 cal Large 260 cal	Chicken Rice Small 90 cal Large 180 cal
<b>Dinner Entrée</b> 3:30 PM – 7 PM	Open Faced Hot Roast Beef 290 cal	Hot Ham and Swiss on Onion Roll 340 cal	Chicken and Dumplings 310 cal	Stuffed Shells 420 cal	Tilapia Piccata 250 cal	Chicken Alfredo 400 cal	Coq Au Vin 330 cal
<b>Chef's Special</b>	<b>Call Café 902 by 3 PM to find out the Chef's Special 609-589-4376 or check on <a href="http://www.njmasonic.org">www.njmasonic.org</a> and Twitter @902Cafe</b>						
<b>Sides</b>	Steamed Peas and Mushroom 90 cal	Steamed Corn 90 cal	Baby Carrots 40 cal	Autumn Roast Vegetables 80 cal	Brussels Sprouts 60 cal	California Veggies 80 cal	Buttered Carrots 110 cal
	Roasted Red Potatoes 140 cal	Sweet Potato Wedges 130 cal	Tater Tots 230 cal	Sweet Potato Fries 130 cal	Scallion Mashed Potatoes 130 cal	Sweet Potato Fries 130 cal	Parmesan Potato Wedges 150 cal

GLUTEN FREE (G) / MEATLESS (ML)

OH SO GOOD (LOWER IN FAT AND SODIUM)