

Café 902 weekly lunch menu

	4/22 Monday	4/23 Tuesday	4/24 Wednesday	4/25 Thursday	4/26 Friday	4/27 Saturday	4/28 Sunday
Café Action Stations	Omelet Bar Breakfast	Stir Fry Lunch	Wing Bar Lunch and Dinner	Pasta Bar Dinner	Waffle Bar <u>Breakfast</u> Build your Own Pizza Lunch		
Soup 10:30 AM – 3:30 PM	OSG Minestrone Small 70 cal Large 140 cal	Cream of Mushroom Small 150 cal Large 300 cal	Lentil and Ham Small 110 cal Large 220 cal	Cream of Chicken Small 150 cal Large 300 cal	Tomato Basil Small 150 cal Large 300 cal	Navy Bean Small 100 cal Large 200 cal	Beef Noodle Small 80 cal Large 160 cal
Lunch Entrée 10:30 AM – 1:30 PM	Chicken Pot Pie 280 cal	Eggplant Parmesan 280 cal	Beef Pot Roast 190 cal	Honey Apple Pork Loin 210 cal	Tilapia Vera Cruz 150 cal	Hungarian Goulash 300 cal	Southern Fried Chicken 440 cal
Chef's Special	Call Café 902 by 10 AM to find out the Chef's Special 609-589-4376 or check on www.njmasonic.org and Twitter @902Cafe						
Sides	Spinach 50 cal	Green Beans 110 cal	Roasted Root Vegetables 110 cal	Green Peas 90 cal	Brussels Sprouts 60 cal	Garden Vegetables 80 cal	OSG Swiss Chard 40 cal
	Herbed Orzo 210 cal	Angel Hair Pasta 160 cal	Baked Potato 140 cal	Roasted Red Potatoes 35 cal	Herbed Rice 160 cal	Buttered Egg Noodle 160 cal	Scalloped Potato 170 cal

GLUTEN FREE (G) / MEATLESS (ML)

OH SO GOOD (LOWER IN FAT AND SODIUM)

Café 902 weekly dinner menu

	4/22 Monday	4/23 Tuesday	4/24 Wednesday	4/25 Thursday	4/26 Friday	4/27 Saturday	4/28 Sunday
Snack Time 2 PM – 3:30 PM	Parfait: Yogurt Parfait	Dip: Buffalo Chicken Dip	Smoothies: Peanut Butter Cup Smoothies	Dessert: Strawberry Shortcake	Beverages: Cold Brew Coffee, iced or Blended Frozen		
Soup 3:30 PM – 7 PM	Vegetable Chowder Small 110 cal Large 220 cal	Egg Drop Small 45 cal Large 90 cal	Potato Parsnip Small 100 cal Large 200 cal	OSG Garden Vegetable (G) Small 30 cal Large 60 cal	OSG Zucchini Basil Small 50 cal Large 100 cal	Cheese Soup Small 210 cal Large 420 cal	Turkey Rice Small 70 cal Large 140 cal
Dinner Entrée 3:30 PM – 7 PM	Hot Turkey Sandwich 190 cal	Salisbury Steak 310 cal	Chicken and Dumplings 310 cal	Rosemary Chicken 210 cal	Cod Cakes 160 cal	Roast Pork Sandwich 240 cal	Cheese Ravioli 230 cal
Chef's Special	Call Café 902 by 3 PM to find out the Chef's Special 609-589-4376 or check on www.njmasonic.org and Twitter @902Cafe						
Sides	Buttered Carrots 100 cal	Broccoli 30 cal	Glazed Carrots 160 cal	Stewed Tomato 45 cal	Sweet & Sour Red Cabbage 100 cal	Cauliflower and Peppers 45 cal	Broccolini 45 cal
	Mashed Potatoes 35 cal	Brown Rice 35 cal	Baked Potato 140 cal	Mac & Cheese 320 cal	German Potato Salad 160 cal	Baked Beans 200 cal	Scalloped Potato 170 cal

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