

Café 902 weekly lunch menu

	8/12 Monday	8/13 Tuesday	8/14 Wednesday	8/15 Thursday	8/16 Friday	8/17 Saturday	8/18 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	Turkey Noodle Large -81 cal.	Cream of Mushroom Large-131 cal.	Beef Noodle Large-80 cal	Broccoli Cheese Large-145 cal.	OSG Navy Bean Large-126 cal.	Chicken Noodle Large-110 cal	Tomato Basil Large-146 cal.
Entree	Grilled Pork Tips 217cal.	Peach Chicken Breast 190 cal.	Turkey Mornay 244 cal.	Kielbasa and Sauerkraut 314 cal.	Rosemary Chicken 211 cal.	Roast Turkey Breast 144 cal.	Meatloaf 341 cal.
Chef's Special	Call Café 902 www.njmasonic.org	By 3pm to find or	Out the Chef's Special Twitter@902cafe	609—589-4376 or	Check on	Liver & Onions 301cal	Italian Chicken Cutlet 205 cal.
Sides	Sauteed Swiss Chard Black Beans & Rice	Green Beans Herbed Cous Cous	Lyonnaise Carrots OSG Red Potatoes	Green Peas Mashed Potatoes	Corn Barley Mushroom Pilaf	Garden Vegetables Sage Bread Stuffing	Ratatouille Scalloped Potatoes

GLUTEN FREE (G) / VEGETARIAN (V)

OH SO GOOD (LOWER IN FAT AND SODIUM)

Café 902 weekly dinner menu

	8/12 Monday	8/13 Tuesday	8/14 Wednesday	8/15 Thursday	8/16 Friday	8/17 Saturday	8/18 Sunday
Snack Time 2 PM – 3:30 PM	Yogurt Parfait	Chef's Selection Dip	Smoothies	Dessert:	Beverages: Cold Brew Coffee, iced or Blended Frozen		
Soup	Vegetable Chowder Large-107 cal.	Egg Drop Soup Large-49 cal.	OSG Tuscan White Bean Large-183 cal.	Turkey Rice Large-73 cal.	OSG Zucchini Potato Large-131 cal.	OSG Garden Vegetable Large-60 cal.	Dill Potato Large-133 cal.
Entree	Roast Beef 184 cal.	Char Siu Pork 183 cal.	Spinach Lasagna 331 cal.	Beef Pepper Steak 282 cal.	Sloppy Joes 389 cal.	Ham & Swiss Melt 382 cal.	Baked Fish Sandwich 243 cal.
Chef's Special	Call Café 902 www.njmasonic.org	By 3pm to find or	Out the Chef's Special Twitter@902cafe	609—589-4376 or	Check on	Fruit & Cottage Cheese Plate	Macaroni & Cheese
Sides	Vegetable du Jour Roasted Red Potatoes	Asian Vegetables Jasmine Rice	Italian Green Beans Potato Tots	Broccoli White Rice	Vegetable du Jour Starch du Jour	Vegetable du Jour Starch du Jour	Stewed Tomatoes Starch du Jour

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