

Café 902 weekly lunch menu

| | 9/09 Monday | 9/10 Tuesday | 9/11 Wednesday | 9/12 Thursday | 9/13 Friday | 9/14 Saturday | 9/15 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 Lg -162 cal. | Cream of Mushroom Lg-264 cal. | Beef Noodle Lg-160 cal. | Broccoli Cheese Lg-290 cal. | OSG Navy Bean Lg-252 cal. | Chicken Noodle Lg-220 cal. | Tomato Basil Lg-292 cal. |
| Entree | Grilled Pork Tips 217 cal. | 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 | <p>Call Café 902 by 10am to find out the Chef's special 609-589-4376 OR www.njmasonic.org and Twitter @902Cafe</p> | | | | | Liver & Onions 301 cal | 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

| | 9/09 Monday | 9/10 Tuesday | 9/11 Wednesday | 9/12 Thursday | 9/13 Friday | 9/14 Saturday | 9/15 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 Lg-216 cal. | Egg Drop Soup (GF) Lg-90 cal. | OSG Tuscan White Bean Lg-366 cal. | Turkey Rice (GF) Lg-144 cal. | OSG Zucchini Potato Lg-264 cal. | OSG Garden Vegetable Lg-62 cal. | Dill Potato Lg-266 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 by 10am to find out the Chef's special 609-589-4376 OR www.njmasonic.org and Twitter @902Cafe | | | | | 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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