



SOUP

Monday

- Lentil & Vegetable (v)
- Turkey Chili

Tuesday

- Lentil & Vegetable (v)
- Manhattan Clam Chowder
- Turkey Chili

Wednesday

- Chipotle Chicken & Rice
- Navy Bean & Pancetta (pork)
- Low Sodium
 - Vegetable Orzo (v)

Thursday

- Smoked Turkey & Vegetable
- Cream of Spinach (v)
- Split Pea & Ham

MELTING POT

Tuesday

Asian BBQ Roasted Pork

- Spicy Vegetable Lo Mein (v)
- Seared Baby Bok Choy (v)

Wednesday

Celebrating Hispanic Heritage Month
Foods of Puerto Rico- Chef Carmen Aboy

Sancocho – Chicken, Beef, Pumpkin, Plantains, Yucca, Rich Broth, Fresh Cilantro

- Vegan White Rice

Thursday

Montreal Grilled Salmon

- Creamed Spinach (v)
- Garlic Mashed Potatoes (v)
- Lemon Pepper Wings

McCAFFREY’S

BUTCHER BLOCK

STREET EATS

Monday-Friday

Open for Breakfast & Lunch

Tuesday-Wednesday

McCaffrey’s Special

Fish & Chips

Battered Cod, Old Bay French Fries, Charred Leek Remoulade

Pulled Chicken Tostada

Crispy Tortillas, Queso Fresco, Pico de Gallo, Avocado-Lime Crema

Monday-Wednesday

Specials Available Tuesday-Thursday

Chicken Caesar Wrap

Grilled Chicken, Parmesan, Lettuce, Tomato, Croutons, Caesar Dressing

Artichoke Pesto Baguette (v)

Baby Spinach, Artichoke Bruschetta, Pesto Mayo, Provolone

Tuna Salad Sandwich

Tuna Salad with Lettuce & Tomato on Multigrain Bread

Tuesday-Thursday

Pasta made to Order

- Meatballs, Grilled Chicken, Italian Sausage, Garlic Shrimp
 - Vegan Impossible “Meatballs”
- Whole Wheat Penne, Linguini, **Gluten Free Penne**, Rigatoni
- Alfredo, Marinara, Vodka or Pesto Sauce

MING’S OMELET

CHEF’S TABLE

TOSSED SALAD

Monday-Friday

7:30-10:00 AM

Wednesday, October 8th



Pan Seared Salmon

Warm Lentil Salad, Root Vegetables, Foie Red Wine Sauce, Fennel Salad

Monday- Thursday

- Herbed Roasted Chicken, Herbed Roasted Tofu, Poached Shrimp, Albacore Tuna Salad
- Organic Field Greens, Romaine Lettuce, Spinach, Baby Arugula

Available Tuesday-Wednesday

- Lemon Dill Salmon

HAPPENING THIS WEEK

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