

**NEW FORMAT  
AND NEW  
ITEMS!!**

**TCA/TCN – Fresh Market Cafe invites you to dine with us!**

**Menu for the week of February 17<sup>th</sup> – 21<sup>st</sup>**

**Café Hours, offering “Grab & Go” items, are 7:00 AM – 6:30 PM.**

**Breakfast features are served from 7:00am-10:00am. Lunch features are served from 10:30am-1:30pm daily.**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast Features</b>	<b>AVAILABLE DAILY:</b> Smoothie Flavor of the Week, Build-Your-Own Omelet, Breakfast Sandwich, Scrambled Eggs, Egg Beaters, Sausage Link/Patty, Breakfast Potatoes Farmer’s Egg Bake				
<b>Lunch Features</b>	Meatloaf Parsley Red Potatoes Honey Dilled Carrots	Winter Tortellini Whipped Squash Roasted Brussel Sprouts	Chicken Parmesan Pesto Gnocchi Zucchini, Basil, Tomato	Beef Stroganoff Spaetzel California Blend	Parmesan Crusted Cod Potato Pancakes Root Vegetables
<b>Bowl/Bar</b>	<b>Build Your Own Spanish Tapas Week</b> A Variety of Latin American Themes Entrees: Featuring Empanadas, Tostadas, and Ceviche.				
<b>Soup</b>	Navy Bean Beef Barley	Wisco Beer Cheese Thai Chicken Noodle	Cream of Tomato Turkey Chili	Cream of Asparagus Chicken Noodle	Split Pea Baked Potato
<b>Sandwiches, Pizza &amp; More</b>	Build-your-own deli sandwich option is available daily. <b>This Week’s Featured Sandwiches are:</b> BLT, LOX Bagel, Cordon Blue <b>From the Grill -</b> Hamburger, Cheeseburger, Vegan Bean Burger, Grilled 3 Cheese <b>Panini Sandwiches –</b> Cubano, Pesto Turkey, Ham and Swiss, Margherita House Made Pizza, Chicken Tenders and Roasted Potato Wedges available daily				
<b>Salad</b>	Fresh Salad Bar is Available Daily <b>This Week’s Salad Feature:</b> <b>Chef Salad –</b> Romaine with Julienned Turkey, Ham, Cheddar, and Swiss Cheese, Hard-Boiled Egg, Tomato and Cucumber				

Saturday & Sunday – A variety of prepared foods, Salad Bar, Soups and Sandwiches available during lunch hours, in addition to the “Grab and Go” Items. An assortment of freshly-prepared food items is also available in the fresh food vending machines (TCA – 1<sup>st</sup> and 3<sup>rd</sup> floor; TCN lower level).

Menu is subject to change without notice. Nutritional information is available on Heartbeat.