

# January 2022 *Eat Well Café Menu*

Mon	Tue	Wed	Thu	Fri
3 Vegetable Ragu - Lemon Pepper Tilapia	4 Southwest Chicken - Italian Braised Pork Loin	5 Beef Bourguignon - Vegetarian Jambalaya	6 Venetian Schnitzel - Todd's Famous Meatloaf	7 Coconut Curried Shrimp - Chicken Francesca
10 Vermouth Risotto - Pork Green Chili	11 Chicken Tamales - Vegetarian Farro Skillet	12 Pork Posole - Beef Brisket	13 Beef Bulgogi - Mediterranean Cod	14 Winter Tilapia - Turkey a la King with Biscuit
17 Martin Luther King Day  <b>Café Closed</b>	18 Tandoori Chicken - Lentil Stew	19 Cheeseburger Pasta - Roasted Chicken	20 Pork Vindaloo - Beef Stuffed Peppers	21 Blackened Catfish - Pork Enchilada Casserole
24 Lighthouse Potatoes - Spaghetti with Meat Sauce	25 Sweet Lemon Salmon - Dak Dori Tang (Korean Chicken Stew)	26 Turkey Stew - Balsamic Glazed Pork	27 London Broil - Pasta Primavera	28 Pulled Pork - Cod Pomodoro
31 Cornbread Casserole - Chicken Piccata			<i>Enjoy our new menu at Eat Well Café Open 11–1:00 Weekdays Introducing Sara Steinman, Café Manager and Max Machuca—Chef</i>	