

Power Bowls \$5.50

Southwestern Power Bowl
Quinoa, black beans, butternut squash, sweet corn and an avocado cream sauce.

NEW!

Mediterranean Power Bowl
Quinoa, cucumber, red peppers, cherry tomatoes, olives, feta cheese, parsley and vinaigrette Greek dressing.

ORDERING

To place an order, Contact
Chef Dani at EXT. 33370 OR
by Email

deggers@fhps.net

PLEASE PLACE ORDERS BY 6:30 A.M.

FOR ALLERGY INFORMATION AND
ACCOMODATIONS PLEASE CALL
THE FOOD SERVICE OFFICE AT
616.493.8774

Café Sandwiches served with chips and fruit \$5.50

Monterey Turkey Wrap. Turkey breast, slices of bacon, Colby jack cheese, lettuce, and tomato rolled in a whole wheat wrap.

NEW!

Italian Sub. Ham, salami, capicola, provolone cheese, lettuce, pepperoncini, tomato, and oregano in a Italian sub bun

Café Salads served with assorted muffin \$5.50

Strawberry Poppy Seed Salad. Spinach, grilled chicken, feta cheese, sliced strawberries, candied walnuts, with poppy seed dressing.

Oriental Crunch Salad. Shredded romaine topped with grilled chicken, chow mein noodles, mandarin oranges, slivered almonds, with an Oriental vinaigrette.

NEW!

Chef's Salad. Spinach and romaine lettuce, cherry tomatoes, cucumbers, smoked turkey, hard boiled eggs, cheddar cheese, croutons, with homemade ranch dressing.

Café Bento BOX perfect for a busy day \$5.50

Hummus & Cheese: Homemade Hummus, Chef's cheese Spread, cucumbers, carrots, red peppers, celery with pita bread, crackers and fruit.

NEW!

Parfait Platter: Low fat Greek yogurt, strawberries, blueberries, cucumber, red peppers, granola, pretzels, slivered almonds and honey.

Add ons

20oz bottled beverage - \$1.50

Chips & salsa - \$1.50

Candy bar - \$1.25