## 7WTC CAFE | WEEKLY MENU

TUESDAY

September 8th- September 12th

MONDAY

Café is open Tuesday to Thursday from 7:30am to 2:30pm. Thrive is available for Grill & Deli Monday through Friday.

FRIDAY

THURSDAY

Closed  Closed	MONDAI	TOLSDAT	WEDNESDAI	INORSDAI	FRIDAI	
Closed  Closed	HOT BREAKFAST MARKET					
Closed  Frittata V Breakfast Potatoes VG Break Fast Market  Fresh Seasonal Fruit, Berries, Greek Yogurt, Assorted Bagels, Pastries, Assorted Spreads & Jams  HOT CEREAL  Plain Oatmeal VG Cream of Wheat V Grits V SOUP ELECTIONS  Closed  Asopao de pollo (chicken and rice)  MOT KITCHEN TABLE  Closed  Patriot Day Roasted Herbed Chicken Pol Roast Mashed Potato VG Italian Vegable Medley VG Breature D CHEFS TABLE  THIVE APP ORDER GRILL SPECIAL  Mexican Turkey Burger Topped W/ pepper jack, avocado and salisa  Asopao de pollo (chicken and rice)  MOT KITCHEN TABLE  Closed  C			Loaded Eggs, Bacon &	Cage-Free Scrambled Eggs		
Pork Sausage Links  Apple Chicken Sausage  Turkey Sausage  Plain Oatmeal VG Cornmeal Porridge V  Cornmeal Porridge V  Tomato Basil Bisque V  Closed  Pollo Guisado Bacaloa (salted cod) Mashed Potato VG Honey Glazed Carrots VG Honey Glazed Carrots VG American Apple Pie  THRIVE APP ORDER-GRILL SPECIAL  THRIVE APP ORDER-GRILL SPECIAL  Mexican Turkey Burger Topped w/ pepper jack, ovocado and salsa Turkey Sausage  Turkey Sausarded Specials Assorted Specials Asso			1			
Fresh Seasonal Fruit, Berries, Greek Yogurt, Assorted Bagels, Pastries, Assorted Spreads & Jams  HOT CEREAL Plain Oatmeal VG Cream of Wheat V Plain Oatmeal VG Cream of Wheat V Plain Oatmeal VG Cornmeal Porridge V  SOUP ELECTIONS  Closed  Asopao de pollo (chicken and rice)  Hot Kitchen Marsala Haddock w/ Lemon-caper Sauce V Lemon Herb Pasta VG Italian Vegetable Medley V  Standard Grill Menu available on Thrive  Standard Grill Menu available on Thrive  Fresh Seasonal Fruit, Berries, Greek Yogurt, Assorted Bagels, Pastries, Assorted Spreads & Jams  HOT CEREAL Plain Oatmeal VG Grits V Cornmeal Porridge V  Closed  American Apple Pie  THRIVE APPORDER-GRILL SPECIAL  Mexican Turkey Burger Topped w/ pepper jack, avocado and salsa	Closed	Breakfast Potatoes <b>VG</b>	Roasted Vegetables <b>VG</b>	Hashbrown Potatoes <b>VG</b>		
Plain Oatmeal VG   Cream of Wheat V   Plain Oatmeal VG   Cornmeal Porridge V   Closed		_				
Plain Oatmeal VG Cream of Wheat V  SOUP ELECTIONS  Closed  Asopao de pollo (chicken and rice)  Pollo Guisado Bacaloa (salted cod) Moro de Habichules VG Plantains VG  FEATURED CHEFS TABLE  Standard Grill Menu available on Thrive  Asopao de pollo (chicken and rice)  Pollo Guisado Bacaloa (salted cod) Moro de Habichules VG Plantains VG  FEATURED CHEFS TABLE  Chicken Marsala Haddock w / Lemon-caper Sauce V Lemon Herb Pasta VG Italian Vegetable Medley VG  American Apple Pie  THRIVE AFP ORDER-GRILL SPECIAL  Mexican Turkey Burger Topped w / pepper jack, avocado and salsa  Avocado and salsa Avocado and salsa  Rotrid Day Roasted Herbed Chicken Pot Roast Mashed Potato VG Honey Glazed Carrots VG  American Apple Pie  Standard Grill Menu available on Thrive  Topped w / pepper jack, avocado and salsa Avocado and salsa						
Plain Oatmeal VG Cream of Wheat V SOUP ELECTIONS  Closed  Asopao de pollo (chicken and rice)  Pollo Guisado Bacaloa (salted cod) Moro de Habichhules VG Plantains VG Plantains VG Plantains VG  Soup Elections  Tomato Basil Bisque V Closed  Patriot Day Roasted Herbed Chicken Pot Roast Mashed Potato VG Honey Glazed Carrots VG American Apple Pie  THRIVE APP ORDER-GRILL SPECIAL  Mexican Turkey Burger Topped w/ pepper jack, avocado and salsa  Closed  Plain Oatmeal VG Cornmeal Porridge V Plain Oatmeal VG Cornmeal Porridge V  Plain Oatmeal VG Cornmeal Porridge V  Plain Oatmeal VG Cornmeal Porridge V  Closed	Fresh Seasonal Fruit, Berries, Greek Yogurt, Assorted Bagels, Pastries, Assorted Spreads & Jams					
Closed  Asopao de pollo (chicken and rice)  Pollo Guisado Bacaloa (salted cod) Moro de Habichules VG Plantains VG Petatured CHEFS TABLE  Standard Grill Menu available on Thrive  Closed  Closed  Closed  Asopao de pollo (chicken and rice)  Italian Wedding Meatball  Chicken Marsala Haddock w/ Lemon-caper Sauce V Lemon Herb Pasta VG Italian Vegetable Medley VG  FEATURED CHEFS TABLE  Mexican Turkey Burger Topped w/ pepper jack, avocado and salsa  Avocado and salsa  Mexican Turkey Burger Topped w/ pepper jack, avocado and salsa  Accident Nenu available on Thrive  Topped w/ pepper jack, avocado and salsa  Accident Nenu available on Thrive  Standard Grill Menu available on Standard Grill Menu available on Standard Salsa  Closed  Clo						
Closed  Asopao de pollo (chicken and rice)  Pollo Guisado Bacaloa (salted cod) Moro de Habichules VG Plantains VG  Petatured CHEFS TABLE  Standard Grill Menu available on Thrive  Timive APP ORDER-GRILL SPECIAL  Mexican Turkey Burger Topped w/ pepper jack, avocado and salsa  Asopao de pollo (chicken arsala Hadian Wedding Meatball)  Tomato Basil Bisque V  Patriot Day Roasted Herbed Chicken Pot Roast Mashed Potato VG Honey Glazed Carrots VG  American Apple Pie  Standard Grill Special: Mexican Turkey Burger Topped w/ pepper jack, avocado and salsa  Asopao de pollo (chicken arsala Hadian Wedding Meatball)  Tomato Basil Bisque V  Roasted Herbed Chicken Pot Roast Mashed Potato VG Honey Glazed Carrots VG  American Apple Pie  Standard Grill Special: Mexican Turkey Burger Topped w/ pepper jack, avocado and salsa  Avocado and salsa		Plain Oatmeal <b>VG</b>	Plain Oatmeal <b>VG</b>		Closed	
Closed  Asopao de pollo (chicken and rice)  HOT KITCHEN TABLE  Pollo Guisado Bacaloa (salted cod) Moro de Habichules VG Plantains VG  PEATURED CHEFS TABLE  Crill Special: Mexican Turkey Burger Topped w/ pepper jack, avocado and salsa Asopao de pollo (chicken and rice)  HOT KITCHEN TABLE  Chicken Marsala Haddock w/ Lemon-caper Sauce V Lemon Herb Pasta VG Italian Vegetable Medley VG American Apple Pie  Closed  Cl		Cream of Wheat <b>V</b>	Grits <b>V</b>	Cornmeal Porridge <b>V</b>		
Closed  Closed			SOUP ELECTIONS			
Closed  Pollo Guisado Bacaloa (salted cod) Moro de Habichules VG Plantains VG  Petatured Chicken Marsala Haddock w/ Lemon-caper Sauce V Lemon Herb Pasta VG Italian Vegetable Medley VG  FEATURED CHEFS TABLE  THRIVE APP ORDER-GRILL SPECIAL  Mexican Turkey Burger Topped w/ pepper jack, avocado and salsa  Anderican Day Roasted Herbed Chicken Pot Roast Mashed Potato VG Honey Glazed Carrots VG  American Apple Pie  Standard Grill Menu available on Thrive  Grill Special: Mexican Turkey Burger Topped w/ pepper jack, avocado and salsa  Accident Turkey Burger Topped w/ pepper jack, avocado and salsa  Standard Grill Menu available on Thrive	Closed		Italian Wedding Meatball		Closed	
Closed  Pollo Guisado Bacaloa (salted cod) Moro de Habichules VG Plantains VG  FEATURED CHEFS TABLE  Closed  C			HOT KITCHEN TABLE			
Standard Grill Menu available on Thrive  Grill Special: Mexican Turkey Burger Topped w/ pepper jack, avocado and salsa  Mexican Turkey Burger Topped w/ pepper jack, avocado and salsa  THRIVE APP ORDER-GRILL SPECIAL  Grill Special: Mexican Turkey Burger Topped w/ pepper jack, avocado and salsa  Grill Special: Mexican Turkey Burger Topped w/ pepper jack, avocado and salsa  Standard Grill Menu available on Thrive	Closed	Bacaloa (salted cod) Moro de Habichules <b>VG</b>	Chicken Marsala Haddock w/ Lemon-caper Sauce <b>V</b> Lemon Herb Pasta <b>VG</b> Italian Vegetable Medley <b>VG</b>	Roasted Herbed Chicken Pot Roast Mashed Potato VG Honey Glazed Carrots VG	Closed	
Standard Grill Menu available on Thrive  Grill Special:  Mexican Turkey Burger Topped w/ pepper jack, avocado and salsa  Grill Special:  Mexican Turkey Burger Topped w/ pepper jack, avocado and salsa  Grill Special:  Mexican Turkey Burger Topped w/ pepper jack, avocado and salsa  Standard Grill Menu available on Thrive						
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		Mexican Turkey Burger Topped w/ pepper jack, avocado and salsa	Mexican Turkey Burger Topped w/ pepper jack, avocado and salsa	Mexican Turkey Burger Topped w/ pepper jack, avocado and salsa		

WEDNESDAY

MARKET SALAD BAR

Salad Greens, Fresh Vegetable Crudités & Fruit, Wholesome Beans & Grains, Lean
Proteins & Cheeses, Salad Dressings & Vinaigrettes, Toppings
w Food: A Selection of Seasonal, Nutrient-Dense Salads in Their Most Natural State Antipas