

Cafeteria Hours

Monday through Friday:
7:00 a.m. to 6:30 p.m.

Serving Hours

Monday through Friday:
Breakfast: 7:00 a.m. to 10:00 a.m.
Lunch: 11:45 a.m. to 2:00 p.m.
Dinner: 5:00 p.m. to 6:30 p.m.



Main Station Café **OCTOBER Menu**

Saturdays, Sundays & Holidays

Cafeteria Serving Hours:

Breakfast: 7:30 a.m. to 10:00 a.m.
Lunch: 11:45 a.m. to 1:30 p.m.
Dinner: Closed



October 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Beef Stew /Biscuit Mashed Redskins Broccoli * Vegetable Beef Soup	2 Veggie Burger (V) Gyro German Potato Salad Peas & Carrots Minestrone Soup Black Bean Soup (V)	3 Chicken Fingers Goulash Garlic Bread Green Beans Cactus Chili Chicken Noodle Soup	4 Cheese Pizza (V) Roast Beef Naan Sweet Potato Fries Mixed Vegetables Broccoli Soup (V) Sweet Pepper Beef Soup	5 Black Bean Burger (V) Hashbrown Casserole Sweet Corn Bake Cauliflower* Loaded Potato Soup Vegetable Soup (V)	6 Grilled Cheese (V) Beef & Broccoli Brown Rice Corn California Medley Tomato Soup (V)	7 Stuffed Shells (V) Escalloped Apples Peas Italian Wedding Soup
8 Baked Chicken Breast Mashed Potatoes Green Beans* Smokey Poblano Cheese Soup	9 Veggie Burger (V) Chili Mac Sweet Corn Bake Garden Broccoli Cream of Broccoli Soup Black Bean Soup (V)	10 Chicken Fingers Cabbage Roll Mashed Potatoes Green Beans Beef Barley Soup Chicken Noodle Soup	11 Cauliflower Pizza Pasta Bar Garlic Bread Parisian Carrots* Ham & Bean Soup Sweet Pepper Beef Soup	12 Black Bean Burger (V) Chicken Alfredo Penne Breadstick Kyoto Blend Parmesan Kale & Sausage Soup Vegetable Soup (V)	13 Grilled Cheese (V) Hawaiian Chicken Red Beans & Rice Butterbeans Chicken Tortilla Soup Tomato Soup (V)	14 Shredded Chicken Tater Tots Broccoli Cream of Potato Soup
15 Chipped Beef Mashed Redskin Potatoes Corn Chili	16 Veggie Burger (V) Chili Cheese Dog Au Gratin Potatoes Sauerkraut Black Bean Soup (V) Beef Noodle Soup	17 Chicken Finger Ratatouille (V) Jasmine Rice Parisian Carrots* Mediterranean Bean Soup (V) Chicken Noodle Soup	18 Pepperoni Pizza Tuna Noodle Casserole Mozzarella Sticks Peas Parmesan Kale & Sausage Soup Sweet Pepper Beef Soup	19 Black Bean Burger (V) Pork Wild Wings Buttered Noodles Roasted Zucchini & Squash Chicken Tortilla Soup Vegetable Soup (V)	20 Grilled Cheese (V) Baked Tilapia Wild Rice Green Beans Tomato Soup (V) Pot Roast French Onion Soup	21 Meatloaf Mashed Potatoes Waxed Beans Tuscan Beans & Sausage Soup
22 Spaghetti w/Meat sauce Garlic Bread Broccoli Lumberjack Vegetable Soup	23 Veggie Burger (V) Bellevue Club Maple Sweet Potatoes Cauliflower Black Bean Soup (V) Cream of Chicken & Rice Soup	24 Chicken Finger Bean/Cheese Quesadilla (V) Spanish Rice Corn Kick'n Crab Soup Chicken Noodle Soup	25 Pizza Burger Veggie Sub (V) Mozzarella Sticks Roasted Zucchini Au Gratin Potato Soup Sweet Pepper Beef	26 Black Bean Burger (V) Artisan Mac & Cheese (V) Escalloped Apples Mixed Vegetables Cream of Broccoli Soup Vegetable Soup (V)	27 Grilled Cheese (V) General Tso Chicken Fried Rice Snap Peas Bourbon Steak Chili Tomato Soup (V)	28 Stuffed Cabbage Rolls Mashed Potatoes Baby Carrots* Tomato Florentine
29 Turkey Pot Roast Mashed Redskins Corn Corn Chowder	30 Veggie Burger (V) Walking Taco Black Beans/Corn Refried Beans Black Bean Soup (V) French Onion Soup	31 Chicken Finger Turkey Rubeen Roasted Yukon Golds Parisian Carrots Chicken Noodle Soup Mushroom Brie Soup				<i>Menu subject to change without notice</i> V-Vegetarian * - Healthy Option

Daily Grill Options: Hamburger and Grilled Chicken