



April 2023 Menu

Sylvia's Café Menu

Saturday/ Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1/2	3	4	5	6	7
	Chicken chipotle pita, roasted potatoes	Stir fry w/ tofu, brown fried rice, chicken pot stickers	Pistachio crusted salmon, orzo pasta salad w/ veggies	Chicken mole, Peruvian beans, Spanish rice, tortillas	Beef stroganoff, egg noodle pasta, steamed veggies, HM focaccia bread
8/9	10	11	12	13	14
	Chile relleno, seasoned black beans, garden rice	Chicken tikka masala, quinoa, cauliflower	Salmon w/ romesco sauce, au gratin potatoes, TTF vegetables	Chicken w/almond sauce, rolls, rice pilaf, TTF veggies	Albondigas w/veggies, (meatball soup), tortillas, limes & cilantro
15/16	17	18	19	20	21
	Pasta chicken alfredo, TTF veggies, Garlic bread	Turkey sloppy joes, sweet potatoes fries, cole slaw	Shrimp scampi, w/ pasta HM focaccia bread, TTF Veggies	Cochinita pibil (mexican pulled pork) seasoned pinto beans, white rice w/ veggies	BBQ chicken, macaroni and cheese, corn on the cob
22/23	24	25	26	27	28
	Chicken curry w/veggies, naan bread, steamed rice	Baked potato w/ cheese, sour cream, scallion, diced tomato, bacon, turkey chili, cornbread	Fish tacos topped w/ cabbage, carrot, cilantro, fried beans & chips	Chicken marsala, linguine pasta, TTF veggies, focaccia bread	Chilaquiles w/ sour cream, queso fresco, red onions, fried eggs, pancakes, fruit salad.
29/30	1	2	3	4	5

Nutritious meals prepared and harvested at the Pilgrim Terrace Cooperative Homes Urban Garden
 We only use organic protein, wild caught seafood, non-GMO and low fat ingredients, low sodium (when available)
 We reserve the right to change the menu at anytime and without notice, and also reserve the right to refuse service to people
PTCH RESIDENT FOOD TAKE-OUT AND DELIVERIES WILL BE AVAILABLE FROM 12PM-1PM