



Sylvia's Cafe & Kitchen



Monday		Tuesday		Wednesday		Thursday		Friday	
1	Primavera pasta w/ vegetables, garlic bread	2	Chicken chipotle pita, roasted potatoes, corn-black bean salad	3	Pistachio crusted fish, orzo pasta salad w/ veggies	4	Teriyaki chicken, brown rice, steamed broccoli	5	Chilaquiles w/ sour cream, queso fresco red onions, fried eggs, pancakes, fruit salad.
8	Chile relleno, seasoned black beans, garden rice, tortillas	9	Pan seared chicken w/almond sauce, mashed potatoes, TTF veggies	10	White fish w/ romanesco sauce, au gratin potatoes, TTF vegetables	11	Chicken tikka masala, masoor dal, chana masala, Naan bread	12	Beef stroganoff, egg noodle pasta, steamed veggies, HM focaccia bread
15	Pasta chicken alfredo, TTF veggies, garlic bread	16	Stir fry w/ tofu, brown fried rice, chicken pot stickers	17	Shrimp scampi, w/ pasta HM focaccia bread, TTF veggies	18	Turkey ciabatta sandwich, w/ avocado pure, lettuce, pesto mayo, sliced tomato, red onions, provolone cheese, sun chips	19	Cochinita pibil (Mexican pulled pork) seasoned pinto beans, white rice w/ veggies
22	Chicken marsala, linguine pasta, TTF veggies, focaccia bread	23	Shepherds pie, vegetables, dinner rolls	24	White fish w/ puttanesca sauce, creamy polenta, TTF vegetables	25	Green chicken mole, Peruvian beans, Spanish rice, tortillas	26	Egg frittata w/ veggies & cheese, bacon, hash brown, fruit salad
29	Rigatoni pasta w/ sausage, TTF vegetables, garlic bread	30	BBQ chicken, mashed potatoes, corn cobbettes						

We reserve the right to change the menu at anytime without notice and reserve the right to refuse service to anyone
Organic ingredients and produce from the farm used whenever possible