



Courtyard Café

Daily Menu Selections

August 14th thru 18th

MONDAY-14th

		<i>Kcal</i>	<i>Carbs</i>
<i>SOUP -</i>	Homestyle Chicken Noodle Soup	300	1
<i>CHEF'S CHOICE -</i>	Apple/Walnut/Gorgonzola Stuffed Pork, Summer Vegetable Risotto	220,420	1,3
<i>VEGETABLE</i>	Maple Sage Butternut Squash	180	2
<i>PANINI/SANDWICH</i>	French Onion Soup Grilled Cheese	620	3
<i>SALAD BAR</i>	Build Your Own	0,0	0,0

TUESDAY-15th

<i>SOUP -</i>	Butternut Squash Bisque	280	2
<i>CHEF'S CHOICE -</i>	Chicken and Spinach Manicotti	710	3
<i>VEGETABLE</i>	Eggplant Caponata	160	1
<i>PANINI/SANDWICH</i>	Chinese Peanut Chicken with Soba Noodle Bowl	600	3
<i>SALAD BAR</i>	Rst. Cauliflower/Chickpea and Qinoa Tahini, Israeli Couscous	370,260	3,2

WEDNESDAY-16th

<i>SOUP -</i>	Sausage and Kale Soup	250	2
<i>CHEF'S CHOICE -</i>	Lemon Dill Butter Baked Cod, Roasted Red Potato	480	2
<i>VEGETABLE</i>	Creamed Spinach	240	0.5
<i>PANINI/SANDWICH</i>	Open Faced Tuna Melt	198	2
<i>SALAD BAR</i>	Build Your Own	0,0	0,0

THURSDAY-17th

<i>SOUP -</i>	Potato Cheese Soup	410	3
<i>CHEF'S CHOICE -</i>	Turkey Turnovers	370	3
<i>VEGETABLE</i>	General Tso's Cauliflower	130	1
<i>PANINI/SANDWICH</i>	Fajita Burger	261	2
<i>SALAD BAR</i>	Asian Tofu Salad, Coral Crab Salad	236,350	1,2

FRIDAY-18th

<i>SOUP -</i>	Taco Soup	350	3
<i>CHEF'S CHOICE -</i>	Chicken with Sundried Tomato Cream and Penne Pasta	530	3
<i>VEGETABLE</i>	Grilled Zucchini with Feta and Mint	220	1
<i>PANINI/SANDWICH</i>	Turkey Lettuce Wrap	380	2
<i>SALAD BAR</i>	Build Your Own	0,0	0,0