



# Courtyard Café

## Daily Menu Selections

October 9th thru 13th

### MONDAY-9th

		<i>Kcal</i>	<i>Carbs</i>
<i>SOUP -</i>	Baked French Onion Soup	500	2
<i>CHEF'S CHOICE -</i>	Beef Stew with Carrots and Potatoes	370	2
<i>VEGETABLE</i>	Zucchini and Tomatoes	170	1
<i>PANINI/SANDWICH</i>	Spaghetti Squash and Broccoli Quiche	360	2
<i>SALAD BAR</i>	<b>Build Your Own</b>	0,0	0,0

### TUESDAY-10th

<i>SOUP -</i>	Chicken, White Bean and Kale Soup	380	3
<i>CHEF'S CHOICE -</i>	Buttermilk Fried Chicken Thighs, Cheesy Garlic Butter Red Potato	480,320	1,2
<i>VEGETABLE</i>	Buffalo Cauliflower Bites	230	1
<i>PANINI/SANDWICH</i>	Radish Pesto and Red Bliss Potato Flatbread	430	3
<i>SALAD BAR</i>	<b>Cucumber Onion Spinach Salad, Bacon Pea Salad</b>	330,400	1,1

### WEDNESDAY-11th

<i>SOUP -</i>	Potato Leek Soup	390	2
<i>CHEF'S CHOICE -</i>	Bacon Wrapped Shrimp with Roasted Pumpkin Polenta	870	3
<i>VEGETABLE</i>	Roasted Brussels Sprouts Gratin	330	1.5
<i>PANINI/SANDWICH</i>	Cuban Panini	550	4
<i>SALAD BAR</i>	<b>Build Your Own</b>	0,0	0,0

### THURSDAY-12th

<i>SOUP -</i>	Broccoli Cheese Soup	370	1.5
<i>CHEF'S CHOICE -</i>	Chicken Scallopini and Fettucini	470	3
<i>VEGETABLE</i>	Ratatouille	180	2
<i>PANINI/SANDWICH</i>	Italian Beef Submarine Toasted Sandwich	600	4
<i>SALAD BAR</i>	<b>Cauliflower and Chick Pea Salad, Autumn Harvest Pasta Salad</b>	190,350	2,2

### FRIDAY-13th

<i>SOUP -</i>	Cream of Mushroom Soup	440	2
<i>CHEF'S CHOICE -</i>	Spaghetti and Meatballs	480	2
<i>VEGETABLE</i>	Grilled Asparagus	80	1
<i>PANINI/SANDWICH</i>	Shrimp and Bacon Grilled Cheese Sandwich	600	3
<i>SALAD BAR</i>	<b>Build Your Own</b>	0,0	0,0