



# Courtyard Café

## Daily Menu Selections

January 8th thru 12th

### MONDAY-8th

		<i>Kcal</i>	<i>Carbs</i>
<i>SOUP -</i>	Chilli		
<i>CHEF'S CHOICE -</i>	Fried Chicken and Mashed Potato		
<i>VEGETABLE</i>	Herbed Carrots		
<i>PANINI/SANDWICH</i>	Gyro		
<i>SALAD BAR</i>	<b>Build Your Own</b>	0,0	0,0

### TUESDAY-9th

<i>SOUP -</i>	Broccoli Cheese Soup	500	1
<i>CHEF'S CHOICE -</i>	Chicken Fajita Pasta	610	4
<i>VEGETABLE</i>	Asparagus and Mushrooms	110	0
<i>PANINI/SANDWICH</i>	Bacon Avocado Grilled Cheese	420	3
<i>SALAD BAR</i>	<b>Salad Bar</b>	0,0	0

### WEDNESDAY-10th

<i>SOUP -</i>	Chicken and Rice Soup	290	2
<i>CHEF'S CHOICE -</i>	Cheese Ravioli and Meat Sauce, Garlic Bread	590	4
<i>VEGETABLE</i>	Zucchini Yellow Squash with Parmesan	150	0.5
<i>PANINI/SANDWICH</i>	Ham and Swiss on Pretzel Roll	700	4
<i>SALAD BAR</i>	<b>Build Your Own</b>	0,0	0,0

### THURSDAY-11th

<i>SOUP -</i>	Meatball Soup	450	2
<i>CHEF'S CHOICE -</i>	Shrimp and Grits	790	3
<i>VEGETABLE</i>	Onion and Pepper Saute'	100	0.5
<i>PANINI/SANDWICH</i>	Sloppy Joe	500	2
<i>SALAD BAR</i>	<b>Asian Pasta Salad,</b>	370,	2,

### FRIDAY-12th

<i>SOUP -</i>	Bohemian Goulash Soup	160	1.5
<i>CHEF'S CHOICE -</i>	Firecracker Chicken and Basmati Rice	480	3
<i>VEGETABLE</i>	Broccoli and Roasted Garlic	110	0
<i>PANINI/SANDWICH</i>	BLT	620	3
<i>SALAD BAR</i>	<b>Build Your Own</b>	0,0	0,0