



Courtyard Café

Daily Menu Selections

December 4th thru December 8th

MONDAY-27th

		<i>Kcal</i>	<i>Carbs</i>
<i>SOUP -</i>	Creamy Italian White Bean Soup	245	2
<i>CHEF'S CHOICE -</i>	Chicken Parmesan and Fettucine	460	4
<i>VEGETABLE</i>	Cheesy Broccoli	250	0
<i>PANINI/SANDWICH</i>	Bbq Turkey and Bacon Panini	540	3
<i>SALAD BAR</i>	Build Your Own	0,0	0,0

TUESDAY-28th

<i>SOUP -</i>	Zucchini and Chorizo Soup	389	1.5
<i>CHEF'S CHOICE -</i>	Sweet & Sour Pork with Basmati Rice	520	4
<i>VEGETABLE</i>	Sugar Snap Peas and Red Peppers	120	1
<i>PANINI/SANDWICH</i>	Peanut Chicken Noodle Bowl	550	2
<i>SALAD BAR</i>	Citrus Crunch Salad, Creamy Chipotle Pasta Salad	250,2	1,2

WEDNESDAY-29th

<i>SOUP -</i>	Beef Vegetable	254	2
<i>CHEF'S CHOICE -</i>	Chicken Fried Steak with Sausage Gravy and Chive Mashed Potato	380,330	2,2
<i>VEGETABLE</i>	Sauteed Carrots and Mint	90	0
<i>PANINI/SANDWICH</i>	Feta Beet Salad	450	4
<i>SALAD BAR</i>	Build Your Own	0,0	0,0

THURSDAY-30th

<i>SOUP -</i>	Cheeseburger Soup		
<i>CHEF'S CHOICE -</i>	Chicken Fajitas and Spanish Rice	280,220	2,2
<i>VEGETABLE</i>	Mexican Corn on the Cob	20	0
<i>PANINI/SANDWICH</i>	Crab Salad Roll	360	3
<i>SALAD BAR</i>	Spinach and Grapefruit Salad, Cranberry Waldorf Salad	190,140	1,1.5

FRIDAY-1st

<i>SOUP -</i>	Wonton Soup	145	1
<i>CHEF'S CHOICE -</i>	Salisbury Steak and Roasted Red Potato	230,180	1,2
<i>VEGETABLE</i>	Ratatouille	310	1
<i>PANINI/SANDWICH</i>	Hot Link Sausage Sandwich and Red Beans	N/A	4
<i>SALAD BAR</i>	Build Your Own	0,0	0,0