



# Courtyard Café

## Daily Menu Selections

March 5th thru 9th

### MONDAY-5th

		<i>Kcal</i>	<i>Carbs</i>
<i>SOUP -</i>	Cabbage Roll Soup	510	3
<i>CHEF'S CHOICE -</i>	Chicken Spaghetti Squash Bake	270	2
<i>VEGETABLE</i>	Indian Spiced Spinach	60	0
<i>PANINI/SANDWICH</i>	Greek Style Turkey Burger	420	3
<i>SALAD BAR</i>	<b>Build Your Own</b>	0,0	0,0

### TUESDAY-6th

<i>SOUP -</i>	Harvest Corn Chowder	220	1
<i>CHEF'S CHOICE -</i>	Char Siu Pork and Tofu Quinoa	330,400	1.5,3
<i>VEGETABLE</i>	Glazed Balsamic Carrots	170	1.5
<i>PANINI/SANDWICH</i>	Grilled Provolone Spinach and Pesto Sandwich	430	2
<i>SALAD BAR</i>	<b>Apple &amp; Walnut Salad, Grape &amp; Mint Tomato Salad</b>	300,240	1,1

### WEDNESDAY-7th

<i>SOUP -</i>	Broccoli and Cheese Soup	370	1
<i>CHEF'S CHOICE -</i>	Korean Flank Steak Bowl with Sushi Rice	350	3
<i>VEGETABLE</i>	Teryaki Vegetable Saute'	230	2
<i>PANINI/SANDWICH</i>	Sriacha Bacon Chicken Flatbread Pizza	470	3
<i>SALAD BAR</i>	<b>Build Your Own</b>	0,0	0,0

### THURSDAY-8th

<i>SOUP -</i>	Chicken and Potato Chowder	350	2
<i>CHEF'S CHOICE -</i>	Beef Stroganoff and Egg Noodles	620	3
<i>VEGETABLE</i>	Spinach, Bacon and Chickpea Saute	330	1
<i>PANINI/SANDWICH</i>	Portabello Mushroom BLT	150	3
<i>SALAD BAR</i>	<b>Beet and Candied Pecans,Chicken Ceasar Pasta</b>	180,320	1,2

### FRIDAY-9th

<i>SOUP -</i>	Tomato Fennel Soup	180	2
<i>CHEF'S CHOICE -</i>	Potato Crusted Salmon	480	2
<i>VEGETABLE</i>	Glazed Turnips	130	1
<i>PANINI/SANDWICH</i>	Mediterranean Flatbread Pizza	190	3
<i>SALAD BAR</i>	<b>Build Your Own</b>	0,0	0,0