



Courtyard Café

Daily Menu Selections

April 16th thru 20th

MONDAY-16th

		<i>Kcal</i>	<i>Carbs</i>
<i>SOUP -</i>	Irish Bacon and Potato Soup	276	2
<i>CHEF'S CHOICE -</i>	Crushed Pepper & Mint Chicken	170	1
<i>VEGETABLE</i>	Squash Saute'	80	1
<i>PANINI/SANDWICH</i>	Bleu Cheese, Bbq and Pineapple Flatbread	400	3
<i>SALAD BAR</i>	Build Your Own	0,0	0,0

TUESDAY-17th

<i>SOUP -</i>	Brazillian Black Bean and Sweet Potato Stew	508	4
<i>CHEF'S CHOICE -</i>	Sweet & Sour Meatballs with Basmati Rice	320	3
<i>VEGETABLE</i>	Tandori Vegetables	60	1
<i>PANINI/SANDWICH</i>	Bacon Jalepeno Popper Grilled Cheese	400	3
<i>SALAD BAR</i>	Thai Quinoa Salad, Green Bean and Chickpea Salad	350,220	3,2

WEDNESDAY-18th

<i>SOUP -</i>	Cream of Asparagus Soup	450	2
<i>CHEF'S CHOICE -</i>	Mississippi Pot Roast	230	0
<i>VEGETABLE</i>	Roasted Carrots and Mushrooms	120	1
<i>PANINI/SANDWICH</i>	Jerk Chicken Wrap	320	2
<i>SALAD BAR</i>	Build Your Own	0,0	0,0

THURSDAY-19th

<i>SOUP -</i>	Chicken Noodle Soup	320	1.5
<i>CHEF'S CHOICE -</i>	Mixed Grill Seafood Kabobs, Rice Pilaf	220,140	0,2
<i>VEGETABLE</i>	Pepper and Onion Saute'	120	0.5
<i>PANINI/SANDWICH</i>	Moons Over My Hammy	650	4
<i>SALAD BAR</i>	Rice Salad & Lemon Dressing, Cucumber/Avocado Salad	220,220	2,1

FRIDAY-20th

<i>SOUP -</i>	Beef Fajita Soup	320	1
<i>CHEF'S CHOICE -</i>	Vegetable Lasagna	480	3
<i>VEGETABLE</i>	Asparagus & Tomato with Feta Olive Dressing	90	1
<i>PANINI/SANDWICH</i>	Cuban Sandwich	300	2
<i>SALAD BAR</i>	Build Your Own	0,0	0,0