



Courtyard Café

Daily Menu Selections

June 11th -15th

MONDAY-11th

SOUP -
CHEF'S CHOICE -
VEGETABLE
PANINI/SANDWICH
SALAD BAR

	<i>Kcal</i>	<i>Carbs</i>
Tofu, Mushroom and Miso Soup (V)	180	1
Garlic and Honey Grilled Chicken Breast	180	1
Spaghetti Squash Alfredo (V)	220	2
Egg Salad with Bacon and Grilled Tomato	300	2
Build Your Own	0,0	0,0

TUESDAY-12th

SOUP -
CHEF'S CHOICE -
VEGETABLE
PANINI/SANDWICH
SALAD BAR

Kale and Cannellini Bean Stew (V)	400	3
Build Your Own Loaded Nacho Bar	varies	varies
Balsamic Rosemary Roasted Vegetables (V)	130	1
Chicken, Avocado and Bacon Lettuce Wrap (K)	300	0.75
Blueberry, Watermelon & Feta or Berry Delicious Summer Salad	83, 70	1, 1

WEDNESDAY-13th

SOUP -
CHEF'S CHOICE -
VEGETABLE
PANINI/SANDWICH
SALAD BAR

Loaded Baked Potato Soup	410	3
Skillet Chicken with Creamy Sun Dried Tomato Sauce (K)	340	0.5
Lemon Garlic Zoodles (K,V)	60	0.3
Grilled Italian Panini with Mortadella and Capicola	300	2
Build Your Own	0,0	0,0

THURSDAY-14th

SOUP -
CHEF'S CHOICE -
VEGETABLE
PANINI/SANDWICH
SALAD BAR

	Greek Day	
Greek Wedding Soup	350	1
Build Your Own Power Bowl; Greek Chicken or Falafel (V)	210, 50	2, .5
Odessa's Grilled Greek Zucchini (V)	110	1
Grilled Chicken Gyros with Tzatziki Sauce	340	2
Tabbouleh (V) or Mediterranean Cucumber Salad (V)	140, 150	1, .75

FRIDAY-15th

SOUP -
CHEF'S CHOICE -
VEGETABLE
PANINI/SANDWICH
SALAD BAR

Beef and Bean Chili	540	1
Baked Potato Bar	varies	varies
Italian Steamed Broccoli with Roasted Red Peppers (V)	90	1
Chicken Ceasar Salad Wrap	380	2
Build Your Own	0,0	0,0

= High in Sodium/Fat
 K = Keto friendly

= Healthy Edge Selection Under 500 Calories
 V = Vegetarian dish