

Courtyard Cafe Menu

Weekly Menu

Monday August 6th

		Kcal	Carb	
Breakfast Special	Biscuit and Sausage Gravy	480	2	
Soup	Bacon and Corn Chowder	410	2	
Chef's Choice	Honey Balsamic Beef Tips over Egg Noodles	475	3	
Vegetable	Roasted Brussel Sprouts	104	0.75	
Panini/Grill Special	Turkey and Avocado Club	400	1	
Salad Bar:	Tuna Macaroni Salad	400	3	

Tuesday August 7th

		Kcal	Carb	
Breakfast Special	Individual Breakfast Pizza	390	1.5	
Soup	Chicken Enchillada Soup	375	3	
Chef's Choice	Chili Lime Chicken Skewers (2)	300	0.25	
Vegetable	Green Beans with Heirloom Tomatoes	122	1	
Panini/Grill Special	Grilled Shrimp Street Tacos	341	2	
Salad Bar:	Greek Orzo Salad	348	3	

Wednesday August 8th

		Kcal	Carb	
Soup	Curried Cream of Carrot	200	2	
Chef's Choice	Pork Schnitzel with Brown Butter Spaetzel	625	4	
Vegetable	Whole Roasted Cauliflower with Greek Yogurt	70	1	
Panini/Grill Special	Italian Beef Sandwich with Provolone and Giardiniera	350	2	
Salad Bar:	Honey Lime Fruit Salad	115	2	

Take Me Out to the Ballgame

Thursday August 9th

		Kcal	Carb	
Soup	"Back to Your Roots" Vegetable Soup	320	2	
Chef's Choice	Build Your Own Nacho Bar	varies	varies	
Vegetable	Locally Grown Sweet Corn	62	1	
Panini/Grill Special	Beer Boiled Bratwurst	470	2	
Salad Bar:	Spinach Salad with Warm Bacon Dressing	663	3	

Friday August 10th

		Kcal	Carb	
Breakfast Special	Caribbean French Toast	300	3	
Soup	Potato Leek Soup	390	2	
Chef's Choice	Crab Stuffed Flounder with Lemon Butter	330	1.5	
Vegetable	Whole Baby Carrots	120	1	
Panini/Grill Special	Asian Chicken Salad with Sesame Ginger Dressing	517	3	
Salad Bar:	Salmon Cobb Salad	395	2	

