

# Courtyard Cafe Menu

# Weekly Menu

Labor Day

Monday September 3rd

Kcal Carb

**Soup**

**Chef's Choice** Café Closed for Labor Day

**Vegetable** A la Carte Menu Available






**Panini/Grill Special**

**Salad Bar:**

Taco Tuesday

Tuesday September 4th

Kcal Carb

|                             |  |        |        |   |
|-----------------------------|--|--------|--------|---|
| <b>Soup</b>                 | Chicken Tortilla Soup                    | 377    | 2      |  |
| <b>Chef's Choice</b>        | Build Your Own Tacos; Soft or Hard Shell | Varies | Varies |  |
| <b>Vegetable</b>            | Tex Mex Corn with Cilantro Lime Butter   | 80     | 1      |  |
| <b>Panini/Grill Special</b> | California Turkey Burger                 | 524    | 2      |  |
| <b>Salad Bar:</b>           | Dorito Fiesta Salad                      | 311    | 3      |  |






Wednesday September 5th

Kcal Carb

|                             |  |        |        |   |
|-----------------------------|--|--------|--------|---|
| <b>Soup</b>                 | Mushroom Barley Soup                     | 198    | 1.5    |  |
| <b>Chef's Choice</b>        | Penne ala Vodka with Chicken & Asparagus | 435    | 3.5    |  |
| <b>Vegetable</b>            | Parmesan Pesto Roasted Tomatoes          | 200    | 0.5    |  |
| <b>Panini/Grill Special</b> | Bacon, Avocado & Egg Salad on Oat        | 540    | 1.5    |  |
| <b>Salad Bar:</b>           | Build Your Own Salad                     | Varies | Varies |  |




Thursday September 6th

Kcal Carb

|                             |                                      |     |     |   |
|-----------------------------|--------------------------------------|-----|-----|---|
| <b>Soup</b>                 | Creamy Chicken and Rice              | 300 | 1.5 |  |
| <b>Chef's Choice</b>        | Beef Swiss Steak and Mashed Potatoes | 520 | 3   |  |
| <b>Vegetable</b>            | Soy Glazed Mushrooms                 | 140 | 0.5 |  |
| <b>Panini/Grill Special</b> | Triple Decker Turkey Club            | 280 | 2   |  |
| <b>Salad Bar:</b>           | Chicken Ranch Pasta Salad            | 365 | 2   |  |

Friday September 7th

Kcal Carb

|                             |   |        |        |   |
|-----------------------------|---|--------|--------|---|
| <b>Breakfast Special</b>    | Homemade Oatmeal Pancakes               | 448    | 3      |  |
| <b>Soup</b>                 | Sweet Potato and Chorizo Soup           | 430    | 1      |  |
| <b>Chef's Choice</b>        | Crunchy Baked Tilapia with Red Potatoes | 320    | 2      |  |
| <b>Vegetable</b>            | Roasted Cauliflower                     | 200    | 1      |  |
| <b>Panini/Grill Special</b> | Meat Lovers Pizza                       | 420    | 2      |  |
| <b>Salad Bar:</b>           | Build Your Own Salad                    | Varies | Varies |  |

