





Courtyard Cafe Menu






Weekly Menu

Monday October 8th







		Kcal	Carb	
Soup	Bacon Corn Chowder	410	2	
Chef's Choice	Chicken Parmesan over Fettuccini	715	4	
Vegetable	Roasted Garlic Cauliflower	118	0.5	
Panini/Grill Special	Beer Boiled Bratwurst on a Bun	650	2	
Salad Bar:	Build Your Own Salad	Varies	Varies	

Oktoberfest Menu






Tuesday October 9th

		Kcal	Carb	
Soup	Creamy Potato Leek Soup	310	2	
Chef's Choice	Pork Schnitzel with Herb Buttered Spaetzel	539	2.5	
Vegetable	German Style Cabbage and Beans	90	1	
Panini/Grill Special	Spinach Artichoke Dip with Crostini	675	3	
Salad Bar:	Build Your Own Salad	Varies	Varies	





Wednesday October 10th

		Kcal	Carb	
Breakfast Special	Eggs Benedict	430	1	
Soup	Split Pea and Ham Soup	140	1	
Chef's Choice	Grilled Shrimp Skewers (2) with Lemon Herb Risotto	625	3	
Vegetable	Roasted Vegetable Medley	130	1	
Panini/Grill Special	Pepperoni Pizza	310	3	
Salad Bar:	Build Your Own Salad	Varies	Varies	

Thursday October 11th

		Kcal	Carb	
Soup	Autumn Wild Rice Soup	260	2.5	
Chef's Choice	Meat Lasagna with Garlic Breadstick	720	4	
Vegetable	Bacon Parmesan Brussel Sprouts	230	1	
Panini/Grill Special	Chicken Salad on a Croissant	640	3	
Salad Bar:	Build Your Own Salad	Varies	Varies	

Friday October 12th

		Kcal	Carb	
Breakfast Special	Sticky Buns	220	2	
Soup	Egg Drop Soup	90	0.5	
Chef's Choice	Chicken with Mixed Vegetable Stirfry over Jasmine Rice	380	3	
Panini/Grill Special	Crispy Asian Chicken Wrap	420	3	
Salad Bar:	Build Your Own Salad	Varies	Varies	

