

Courtyard Cafe Menu

Weekly Menu

Monday November 5th

		Kcal	Carb	
Soup	Vegetable Barley Soup	250	3	
Chef's Choice	Breaded Pork Cutlet with Red Potatoes	440	3	
Vegetable	Balsamic Roasted Vegetables	130	1	
Panini/Grill Special	Chicken, Mozzarella and Pesto Panini	350	2	
Salad Bar:	Build Your Own Salad	Varies	Varies	






Tuesday November 6th

		Kcal	Carb	
Soup	Roasted Cauliflower Chowder	240	1	
Chef's Choice	Beef Pot Roast with Mashed Potatoes	710	4	
Vegetable	Creamy Garlic Parmesan Mushrooms	240	0.3	
Panini/Grill Special	Philly Cheese Steak Sandwich	590	2	
Salad Bar:	Build Your Own Salad	Varies	Varies	





Wednesday November 7th

		Kcal	Carb	
Soup	Stuffed Pepper Soup	220	1	
Chef's Choice	Chicken and Broccoli Alfredo Pasta Bake	350	3	
Vegetable	Ginger Bok Choy	70	0.5	
Panini/Grill Special	Turkey Melt on Ciabatta	360	3	
Salad Bar:	Build Your Own Salad	Varies	Varies	

Thursday November 8th

		Kcal	Carb	
Soup	Chicken and Brussel Sprout	350	1	
Chef's Choice	Parmesan Crusted Tilapia	224	0.8	
Vegetable	Sweet and Sour Green Beans	160	1	
Panini/Grill Special	Build Your Own Baked Potato Bar	Varies	Varies	
Salad Bar:	Build Your Own Salad	Varies	Varies	

Friday November 9th

		Kcal	Carb	
Soup	Baked Potato Soup	410	3	
Chef's Choice	Chicken, Chorizo and Black Bean Enchilladas (2)	570	4	
Vegetable	Edamame and Corn Succotash	80	0.75	
Panini/Grill Special	Salmon Salad Croissant	330	2	
Salad Bar:	Build Your Own Salad	Varies	Varies	