

# Courtyard Cafe Menu

Menu

Weekly

## Monday December 3rd

		Kcal	Carb	
Soup	Roasted Sweet Potato Bisque	170	2	
Chef's Choice	Chicken a la King over a Biscuit	570	2	
Vegetable	California Blend Vegetables	110	1	
Panini/Grill Special	Ham and Swiss on a Croissant	610	2	
Salad Bar:	Build Your Own Salad	Varies	Varies	

## Tuesday December 4th

		Kcal	Carb	
Breakfast Special	Biscuit and Sausage Gravy	360	3	
Soup	Chicken Tortilla Soup	250	2	
Chef's Choice	Build Your Own Nachos Bar	Varies	Varies	
Vegetable	Mexican Street Corn	220	2	
Panini/Grill Special	Turkey with Sundried Tomato Pesto	250	0.3	
Salad Bar:	Build Your Own Salad	Varies	Varies	

## Wednesday December 5th

		Kcal	Carb	
Soup	Turkey and Rice Soup	240	2	
Chef's Choice	Create Your Own Pasta Bowl Alfredo, Marinara, Meatballs, Grilled Chicken	Varies	Varies	
Vegetable	Steamed Broccoli	90	1	
Panini/Grill Special	Meatball Submarine Sandwich	420	3	
Salad Bar:	Build Your Own Salad	Varies	Varies	

## Thursday December 6th

		Kcal	Carb	
Soup	Pasta e Fagioli	260	2	
Chef's Choice	Breaded Pork Cutlet with Lemon Caper Sauce	440	2	
Vegetable	Roasted Red Potatoes	190	2	
Vegetable	Sugar Snap Peas with Mushrooms	120	1	
Panini/Grill Special	French Dip with Au Jus	520	2	
Salad Bar:	Build Your Own Salad	Varies	Varies	

## Friday December 7th

		Kcal	Carb	
Soup	Shrimp and Roasted Corn Bisque	420	2	
Chef's Choice	Almond and Parmesan Baked Tilapia	190	0.2	
Vegetable	Wild Rice Pilaf	180	1.5	
Vegetable	Oven Roasted Balsamic Rosemary Beets	70	1	
Panini/Grill Special	California Turkey Burger	330	1.5	
Salad Bar:	Build Your Own Salad	Varies	Varies	