






# Courtyard Cafe Menu

Menu Specials Available During Lunch; 11am-1:30pm

## Monday January 7th

		Kcal	Carb	
Soup	Tomato Basil Bisque	180	1	
Chef's Choice	Herb Crusted Cod Loin with CousCous	385	3	
Vegetable	Balsamic Glazed Beets	70	1	
Panini/Grill Special	Italian Beef Sandwich with Giardinaire	372	2	
Salad Bar:	Build Your Own Salad	Varies	Varies	

## Tuesday January 8th

		Kcal	Carb	
Soup	Posole Rojo	410	2	
Chef's Choice	Chicken Enchiladas (2) with Spanish Rice	570	3	
Vegetable	Grilled Vegetable Medley	175	2	
Panini/Grill Special	Triple Decker Turkey Club	475	3	
Salad Bar:	Build Your Own Salad	Varies	Varies	

## Wednesday January 9th

		Kcal	Carb	
Breakfast Special	Strawberry Mascarpone French Toast Bake	490	3	
Soup	Roasted Red Pepper & Gouda	310	1	
Chef's Choice	Tenderloin Tips over Egg Noodles	528	2	
Vegetable	Roasted Honey Garlic Cauliflower	194	2	
Panini/Grill Special	Individual Pepperoni Pizza	660	3	
Salad Bar:	Build Your Own Salad	Varies	Varies	

## Thursday January 10th

		Kcal	Carb	
Soup	Chicken and Sausage Gumbo	360	1	
Chef's Choice	Build Your Own Pasta Bowl Alfredo, Marinara, Meatballs, Grilled Chicken	Varies	Varies	
Vegetable	Steamed Broccoli	90	1	
Panini/Grill Special	Chicken Cordon Bleu Panini	600	2	
Salad Bar:	Build Your Own Salad	Varies	Varies	

## Friday January 11th

### Heart Friendly Fridays

		Kcal	Carb	
Breakfast Special	Breakfast Egg Muffins	129	0	
Soup	Old Fashioned Chicken Noodle	320	2	
Chef's Choice	Italian Skillet Chicken with Orzo Pilaf	400	2	
Vegetable	Herb Roasted Potatoes and Carrots	210	2	
Panini/Grill Special	Greek Turkey Burger	330	2	
Salad Bar:	Build Your Own Salad	Varies	Varies	

Menu

Weekly