

Courtyard Cafe Menu

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

Monday February 4th

		Kcal	Carb	
Soup	Roasted Red Pepper & Gouda	310	1	
Chef's Choice	Turkey a la King over a Flaky Biscuit	570	2	
Vegetable	Cauliflower with Cheese Sauce	240	1	
Panini/Grill Special	California Turkey Burger	524	2	
Salad Bar:	Build Your Own Salad	Varies	Varies	

Tuesday February 5th

		Kcal	Carb	
Breakfast Special	Biscuit and Sausage Gravy	350	2	
Soup	Sausage and Chicken Minestrone	275	3	
Chef's Choice	Chicken Enchillada Bake	390	3	
Vegetable	Green Beans with Bacon & Almonds	170	1	
Panini/Grill Special	Steak Quesadillas	660	1	
Salad Bar:	Bacon Broccoli Salad	273	0.5	

Wednesday February 6th

		Kcal	Carb	
Soup	Broccoli and Cheese	325	1	
Chef's Choice	MiMi's Beef and Tater Casserole	400	3	
Vegetable	Eggplant Parmesan	225	1	
Panini/Grill Special	Cuban Pork Loin Sandwich	525	2	
Salad Bar:	Build Your Own Salad	Varies	Varies	

Thursday February 7th

		Kcal	Carb	
Soup	Split Pea and Ham	175	1	
Chef's Choice	Beef Pot Roast with Mashed Potatoes	710	4	
Vegetable	Creamy Garlic Parmesan Mushrooms	240	0.3	
Panini/Grill Special	Reuben Sandwich	770	3	
Salad Bar:	Build Your Own Salad	Varies	Varies	

Friday February 8th

		Kcal	Carb	
Soup	Manhattan Fish Chowder	225	1	
Chef's Choice	Chicken Potstickers with Peanut Noodle Stir Fry	425	3	
Vegetable	Mixed Asian Greens	153	0.5	
Panini/Grill Special	Cilantro Lime Shrimp Summer Rolls	450	3.0	
Salad Bar:	Build Your Own Salad	Varies	Varies	

Menu

Weekly