

Courtyard Cafe Menu

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

Menu

Weekly

Monday April 15th

		Kcal	Carb	
Soup	Zucchini & Basil Soup	140	1	
Chef's Choice	Meat Lasagna with a Breadstick	440	3	
Vegetable	Zucchini, Marinara and Crispy Parmesan	120	1	
Panini/Grill Special	Grilled Veggie Hummus Wrap	425	2	
Salad Bar:	Build Your Own Salad Bar	Varies	Varies	

Tuesday April 16th

		Kcal	Carb	
Soup	Fiesta Chicken Soup	290	2	
Chef's Choice	Build Your Own Nacho Bar	Varies	Varies	
Vegetable	Roasted Corn and Black Beans	310	2	
Panini/Grill Special	Black and Blue Chicken Sandwich	475	2	
Salad Bar:	Build Your Own Salad Bar	Varies	Varies	

Wednesday April 17th

		Kcal	Carb	
Soup	Harvest Sweet Potato Soup	160	2	
Chef's Choice	Honey Mustard Glazed Chicken Thigh	560	1	
	Macaroni and Cheese	401	2	
Vegetable	Roasted Root Vegetables	200	2	
Panini/Grill Special	Buffalo Chicken Wrap	470	2	
Salad Bar:	Build Your Own Salad Bar	Varies	Varies	

Thursday April 18th

		Kcal	Carb	
Soup	Cauliflower Chowder	240	1	
Chef's Choice	Create Your Own Pasta Bowl	Varies	Varies	
	Alfredo, Marinara, Meatballs, Grilled Chicken			
Vegetable	Steamed Broccoli	90	1.0	
Panini/Grill Special	Harvest Chicken Salad Croissant	550	1	
Salad Bar:	Build Your Own Salad Bar	Varies	Varies	

Friday April 19th

		Kcal	Carb	
Breakfast Special	Build Your Own Oatmeal Bowl	180	2	
Soup	Smoky Chickpea and Vegetable Soup	200	2	
Chef's Choice	Mediterranean Stuffed Salmon with Herbed Barley	525	3	
Vegetable	Sweet and Spicy Roasted Cauliflower	115	1	
Panini/Grill Special	Roasted Chicken Shawarma Flatbread	475	2	
Salad Bar:	Build Your Own Salad Bar	Varies	Varies	