



COURTYARD CAFÉ WEEKLY MENU

OCTOBER 12TH – OCTOBER 16TH










SOUPS

-  **Monday – French Onion** cal.240 carbs.1
-  **Tuesday – Chicken & Rice** cal.120 carbs.1
-  **Wednesday – Hot & Sour** cal.110 carbs.1
-  **Thursday – Split Pea & Ham** cal.190 carbs.2
-  **Friday – Coconut Curry Sweet Potato** cal.180 carbs.1

COLD SALADS & SIDE

Coleslaw – Pickled Beet Salad – Broccoli Salad -  Caprese Salad
 Bacon Ranch Cheddar Pasta Salad – Macaroni Salad - Fruit Salad
Walnut Caramel Brownie Overload

MAIN DISHES

-  **Pork Stir Fry** cal.320 carbs.1
-  **Surf & Turf** cal.280 carbs.0
-   **Chicken Parmesan Sandwich** cal.540 carbs.3
-   **Spinach and Zucchini Lasagna** cal.225 carbs.0
-  **Chef Choice Vegetable** cal.90 carbs.0
-   **Potato Au Gratian** cal.260 carbs.2
-  **White Rice** cal.220 carbs.2

FRIDAY NACHO BAR

Choose from, Ground Beef, Chicken, or Pulled Pork and top off with assorted toppings. Cheese, Pico, Beans, Jalapenos, Onions, Salsa, Lettuce, Sour Cream, Guacamole, Cilantro ☺ MAIN DISHES WILL NOT BE SERVED