

COURTYARD CAFÉ WEEKLY LUNCH MENU

January 11th – January 15th

SOUPS

-  Monday – Vegan Bean Chili cal.210 carbs.2
-   Tuesday – Bacon Potato cal.120 carbs.2
-  Wednesday – Hot & Sour cal. 110 carbs.0
-  Thursday – Creamy Cauliflower cal.140 carbs.1
-  Friday – Chef Choice

COLD SALADS & SIDE

Egg Salad – Tuna Salad – Chicken Salad
Tossed Caesar Salad – Deconstructed Carrot Cake
Fruit Salad – Asian Broccoli Salad – Rainbow Slaw

MAIN DISHES

-   Chicken Saltimbocca S.Fat.9 cal.360 carbs.0
-   Beef & Broccoli S.Fat.5 cal.340 carbs.1
-  Maple Dijon Pretzel Crusted Pork S.Fat.7 cal.430 carbs.2
-   Meat Lasagna S.Fat.15 cal.600 carbs.3

SIDE DISHES

-  Chef Choice Vegetable cal.110 carbs.0
-  Chef Choice Starch
-  Warm Banana Bread Pudding S.Fat.10 cal.380 carbs.4

Friday

Free

Cheese

Pizza