







COURTYARD CAFÉ WEEKLY LUNCH MENU

February 22nd – February 26th

SOUPS

-   **Monday – Cheesy Broccoli Potato** cal.180 carbs.2
-  **Tuesday – Chicken Noodle** cal.120 carbs.1
-  **Wednesday – Cream of Mushroom** cal. 120 carbs.1
-  **Thursday – Tomato Basil** cal.90 carbs.1
-  **Friday – Chef Choice**

COLD SALADS & SIDE

Tuna Salad – Egg Salad – Italian Pasta Salad
Tossed Caesar Salad
Fruit Salad – Caramel Walnut Brownie – Cucumber Tomato Onion

MAIN DISHES

-  **B.B.Q Roasted Pork Loin** S.Fat.5 cal.240 carbs.1
-  **Meatloaf** S.Fat.6 cal.360 carbs.2
-  **Cheese Lasagna** S.Fat.5 cal.410 carbs.2.5
-  **Black Bean Burger** Vegetarian S.Fat.0 cal.310 carbs.3

SIDE DISHES

-  **Chef Choice Vegetable**

Roasted Root Vegetable – Green Bean Medley – Garlic Broccoli – Maple Glazed Carrots – Corn

-  **Chef Choice Starch**

Mashed Potatoes – Rosemary Roasted Potatoes – Rice – Baked Potato – Wedge Fries

Friday

Chicken
Quesadilla
cal.730 carbs.4
Spanish Rice &
Refried Beans
cal.230 carbs.4