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| Fall Eatery Menu Specials & Soups  **Weekly Specials 1 (Dates: August 20-24, September 17-21, October 15-19)** | | | | | |
|  | **Monday** | **Tuesday\*** | **Wednesday** | **Thursday** | **Friday** |
| **Lunch Special** | Roasted Turkey  (130 calories) | Chicken Enchiladas  (420 calories) | Beer Battered Fish  (180 calories) | Nutty Turkey Cranberry Croissant  (410 calories)  **plus, choice of:**  Chips  (100-220 calories)  or  Cup of Soup | Bone-In Chicken  (340 calories) |
| **Vegetable** | Roasted Brussel Sprouts  (70 calories) | Fiesta Corn  (90 calories) | Roasted Broccoli  (90 calories) | Seasonal Vegetable  (~50 calories) |
| **Potato / sub** | Mashed Potatoes w/ Turkey Gravy  (145 calories) | N/A | Baked Potato Bar  (280 calories) | Rosemary Red Potatoes  (90 calories) |
| **Rice / sub** | Wild Rice Blend  (120 calories) | Spanish Rice  (90 calories) | Basmati Rice  (120 calories) | n/a |
| **Soup #1** | Hamburger Soup  (130 calories) | Butternut Squash Bisque  (115 calories) | Pasta e Fagioli  (210 calories) | Chicken Wild Rice  (115 calories) | Split Pea with Ham  (160 calories) |
| **Soup #2** | Lobster Bisque  (195 calories) | BBQ Chicken Chili  (180 calories) | Roasted Red Pepper Bisque  (150 calories) | Beef & Cabbage  (120 calories) | Chef’s Choice |
| **Weekly Specials 2 (Dates: August 27-31, September 24-28, October 22-26)** | | | | | |
|  | **Monday** | **Tuesday\*** | **Wednesday** | **Thursday** | **Friday** |
| **Lunch Special** | French Dip Sandwich  (320 calories) | Citrus Peppercorn Tilapia  (150 calories) | Olive Oil, Lemon & Rosemary Chicken Salad with house-made  Herb-Garlic Lavash Crackers  (440 calories)  **Plus:**  Cup of Soup | Creamy Pork Loin  (180 calories) | Meatloaf  (290 calories) |
| **Vegetable** | Garden Salad  (25 calories) | Green Bean Blend  (25 calories) | Roasted butternut squash  (150 calories) | California Medley  (25 calories) |
| **Potato / sub** | Chips  (100-220 calories) | Steamed Potatoes  (110 calories) | Scalloped Potatoes  (60 calories) | Breadstick  (150 calories) |
| **Rice / Sub** | n/a | Wild Rice Blend  (120 calories) | Mushroom Risotto  (120 calories) | Caesar Salad  (60 calories) |
| **Soup #1** | Tomato Basil  (60 calories) | Tequila Chicken  (125 calories) | Lobster Bisque  (195 calories) | BBQ Chicken Chili  (180 calories) | Roasted Red Pepper Bisque  (150 calories) |
| **Soup #2** | Beef Pot Roast  (60 calories) | Bean & Bacon  (190 calories) | Hamburger Soup  (130 calories) | Butternut Squash Bisque  (115 calories) | Pasta e Fagioli  (210 calories) |
| \*Tacos are still available every Tuesday! | | | | | |
| Fall Eatery Menu Specials & Soups  **Weekly Specials 3 (Dates: September 3-7, October 1-5, October 29- November 2)** | | | | | |
|  | **Monday** | **Tuesday\*** | **Wednesday** | **Thursday** | **Friday** |
| **Lunch Special** | Beef Pot Roast  (190 calories) | Potato Crusted Cod  (210 calories) | Grilled Chicken  (240 calories) | Swedish Meatballs  (380 calories) | Chicken Carnitas Bowl  Braised Citrus Chicken, Black Beans & Spanish Rice topped with Pico & Cotija Cheese  (500 calories) |
| **Vegetable** | Oven Roasted Vegetables  (50 calories) | Baby Carrots  (45 calories) | Balsamic Roasted Green Beans  (90 calories) | Steamed Broccoli  (35 calories) |
| **Potato / sub** | Mashed Potatoes  (130 calories) | Scalloped Potatoes  (60 calories) | Baked Potato Bar  (280 calories) | Garlic Mashed Potatoes  (110 calories) |
| **Rice / Sub** | Egg Noodles  (160 calories) | Lemon Garlic Rice  (240 calories) | Wild Rice Blend  (120 calories) | Basmati Rice  (120 calories) |
| **Soup #1** | Beef & Cabbage  (120 calories) | Chef’s Choice | Beef Pot Roast  (60 calories) | Lobster Bisque  (195 calories) | BBQ Chicken Chili  (180 calories) |
| **Soup #2** | Chicken Wild Rice  (115 calories) | Split Pea with Ham  (160 calories) | Tequila Chicken  (125 calories) | Hamburger Soup  (130 calories) | Butternut Squash Bisque  (115 calories) |
| **Weekly Specials 4 (Dates: September 10-14, October 8-12, November 5-9)** | | | | | |
|  | **Monday** | **Tuesday\*** | **Wednesday** | **Thursday** | **Friday** |
| **Lunch Special** | Monterrey Chicken  (280 calories) | Swiss Steak  (240 calories) | Panko Chicken  (240 calories) | Hot Ham & Swiss Sandwich  (350 calories)  **plus, choice of**:  Chips  (100-220 calories)  or  Cup of Soup | Beef Stroganoff  (310 calories) |
| **Vegetable** | Garlic Butter Roasted Carrots  (80 calories) | Green Beans  (50 calories) | Seasonal Vegetable  (~50 calories) | Green Bean Blend  (25 calories) |
| **Potato / sub** | Baby Bakers  (90 calories) | Steak Fries  (110 calories) | Garlic Mashed Potatoes  (110 calories) | Egg Noodles  (160 calories) |
| **Rice / Sub** | Basmati Rice  (120 calories) | Creamy Parmesan Rice  (220 calories) | Broccoli Cheddar Rice  (330 calories) | N/A |
| **Soup #1** | Roasted Red Pepper Bisque  (150 calories) | Beef & Cabbage  (120 calories) | Chef’s Choice | Beef Pot Roast  (60 calories) | Bean & Bacon  (190 calories) |
| **Soup #2** | Pasta e Fagioli  (210 calories) | Chicken Wild Rice  (115 calories) | Split Pea with Ham  (160 calories) | Tequila Chicken  (125 calories) | Tomato Basil  (60 calories) |

\*Tacos are still available every Tuesday!