|  |
| --- |
| 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)orCup 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 BowlBraised 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)orCup 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!