

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!

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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!