

Winter Eatery Menu Specials & Soups

Weekly Specials 1 (Dates: December 9-13, January 6-10, February 3-7, March 2-6)

	Monday	Tuesday*	Wednesday	Thursday	Friday
LUNCH SPECIAL	Smothered Chicken (260 calories)	Sandwich & Soup Combo Hot Beef & Cheddar (230 calories) plus, choice of: Chips (100-220 calories) or Cup of Soup	Citrus Peppercorn Tilapia (150 calories)	<u>Southwestern Rice Bowl</u> Chicken seasoned w/ homemade taco seasoning, topped w/ scallions & pico, atop ruby wild blend rice (350 calories)	Lasagna (380 calories)
VEGETABLE	Steamed Carrots (45 calories)		Roasted Broccoli (90 calories)		California Medley (25 calories)
POTATO / SUB	Baked Beans (130 calories)		Steamed Potatoes (110 calories)		Breadstick (150 calories)
RICE / SUB	Cheesy Rice (280 calories)		Wild Rice Blend (120 calories)		
SOUP # 1	Creamy Tortellini (150 calories)	Stuffed Pepper (90 calories)	Broccoli & Cheese (140 calories)	Chicken Wild Rice (115 calories)	Chef's Choice
SOUP #2	Southwest Chili (80 calories)	Buffalo Chicken (190 calories)	Beef Barley (120 calories)	Minestrone (180 calories)	French Onion (85 calories)

Weekly Specials 2 (Dates: December 16-20, January 13-17, February 10-14)

	Monday	Tuesday*	Wednesday	Thursday	Friday
LUNCH SPECIAL	Italian Chicken (280 calories)	Beef Stew (250 calories)	Parmesan Grilled Cheese (400 calories) w/ Chips (100-220 calories) Or Cup of soup	Sweet Chili Meatballs (390 calories)	Grilled Chicken Breast (240 calories)
VEGETABLE	Oven Roasted Vegetables (50 calories)	Steamed Carrots (45 calories)		Green Beans (50 calories)	Cheesy Broccoli (310 calories)
POTATO / SUB	Penne with Marinara or Alfredo (460 or 470 calories)	Steamed Potato (110 calories)		Mashed Potatoes (130 calories)	Baby Bakers (90 calories)
RICE / SUB	Cauliflower Rice (130 calories)	Biscuit (200 calories)		Basmati Rice (120 calories)	Wild Rice Blend (120 calories)
SOUP # 1	Chicken Noodle (115 calories)	Zuppa Toscana (190 calories)	Southwest Chili (80 calories)	Buffalo Chicken (190 calories)	Beef Barley (120 calories)
SOUP #2	Beef Pot Roast (60 calories)	Chicken Tortilla (120 calories)	Creamy Tortellini (150 calories)	Stuffed Pepper (90 calories)	Broccoli & Cheese (140 calories)

*Tacos available every Tuesday!

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Weekly Specials 3 (Dates: December 23-27, January 20-24, February 17-21)

	Monday	Tuesday*	Wednesday	Thursday	Friday
LUNCH SPECIAL	Creamed Chicken (230 calories)	Turkey Sloppy Joes (500 calories)	Baked Ham (120 calories)	Teriyaki Chicken (150 calories)	Potato Crusted Cod (210 calories)
VEGETABLE	Green Bean Blend (25 calories)	Garlic Roasted Carrots (80 calories)	Green Beans w/ almonds (130 calories)	Broccoli (35 calories)	Roasted Mexican Zucchini (160 calories)
POTATO / SUB	Mashed Potatoes (130 calories)	Ranch Potatoes (90 calories)	Scalloped Potatoes (60 calories)	Egg Roll (160 calories)	Baked Potato Bar (170 calories)
RICE / SUB	Biscuit (200 calories)	Chips (100-220 calories)	Basmati Rice (120 calories)	Hawaiian Fried Rice (120 calories)	Wild Rice Blend (150 calories)
SOUP #1	Minestrone (180 calories)	French Onion (85 calories)	Beef Pot Roast (60 calories)	Southwest Chili (80 calories)	Stuffed Pepper (90 calories)
SOUP #2	Chicken Wild Rice (115 calories)	Chef's Choice	Chicken Noodle (115 calories)	Creamy Tortellini (150 calories)	Buffalo Chicken (190 calories)

Weekly Specials 4 (Dates: December 30- January 3, January 27-31, February 24-28)

	Monday	Tuesday*	Wednesday	Thursday	Friday
LUNCH SPECIAL	Grilled BBQ Chicken Thighs (130 calories)	Roasted Turkey (130 calories)	Gyros (640 calories)	Panko Chicken (240 calories)	<u>Thai Chicken & Brown Rice Salad</u> Chicken tossed in Thai peanut sauce, w/ mango, peppers, rice and cilantro served on a lettuce leaf (350 calories) w/ Chips (100-220 calories) Or Cup of soup
VEGETABLE	Corn (100 calories)	Roasted Brussel Sprouts (70 calories)	Broccoli (35 calories)	Smothered Green Beans (150 calories)	
POTATO / SUB	Ranch Potatoes (90 calories)	Mashed Potatoes & Gravy (145 calories)	Steak Fries (110 calories)	Rosemary Roasted Potatoes (90 calories)	
RICE / SUB	Cheddar Bacon Risotto (260 calories)	Cranberry Sauce (90 calories)	N/A	Leek & Mushroom Rice (120 calories)	
SOUP #1	Broccoli & Cheese (140 calories)	Minestrone (180 calories)	Chef's Choice	Beef Pot Roast (60 calories)	Chicken Tortilla (120 calories)
SOUP #2	Beef Barley (120 calories)	Chicken Wild Rice (115 calories)	French Onion (85 calories)	Chicken Noodle (115 calories)	Zuppa Toscana (190 calories)

*Tacos available every Tuesday!