

Spring Eatery Menu Specials & Soups

Week 1 (Dates: March 9-13, April 6-10, May 4-8, June 3-7)

| | Monday | Tuesday* | Wednesday | Thursday | Friday |
|---------------|---|--|--|--|---|
| LUNCH SPECIAL | Chicken Cordon Bleu (310 calories) | Sandwich Combo Nuttty Turkey Cranberry Croissant (410 calories) plus, choice of: chips (100-220 calories) or cup of soup | Baked Ziti (250 calories) | Chicken Carnitas Bowl Braised Citrus Chicken, Black Beans & Spanish Rice topped with Pico & Cotija Cheese (460 calories) | Flour Dusted Sole (150 calories) |
| VEGETABLE | Garlic Butter Carrots (80 calories) | | Garden Salad (25 calories) | | Spicy Green Beans (80 calories) |
| POTATO / SUB | Parmesan Potato Wedges (120 calories) | | Dinner Roll (100 calories) | | Fingerling Potato Blend (110 calories) |
| RICE / SUB | Parmesan Rice (220 calories) | | n/a | | Wild Rice Blend (150 calories) |
| SOUP #1 | Butternut Squash (115 calories) | Roasted Red Pepper (150 calories) | Tortellini & Italian Sausage (120 calories) | Pork Green Chili (130 calories) | Clam Chowder (110 calories) |
| SOUP #2 | Bean & Bacon (190 calories) | Tuscan Bean (170 calories) | Tequila Chicken (160 calories) | Hearty Meatball (100 calories) | Hamburger Soup (130 calories) |

Week 2 (Dates: March 16-20, April 13-17, May 11-15)

| | Monday | Tuesday* | Wednesday | Thursday | Friday |
|---------------|-------------------------------------|--|--------------------------------------|---|--|
| LUNCH SPECIAL | Chicken Jambalaya (260 calories) | Sandwich Combo Italian Meatball Sub (430 calories) plus, choice of: chips (100-220 calories) or cup of soup | Citrus Tilapia (150 calories) | Chicken Enchiladas (420 calories) | Sandwich & Soup Combo Parmesan Grilled Cheese (410 calories) plus, choice of: chips (100-220 calories) or cup of soup |
| VEGETABLE | Garden Salad (25 calories) | | Pineapple Coleslaw (160 calories) | Mexican Street Corn (160 calories) | |
| POTATO / SUB | Dinner Roll (100 calories) | | Steak Fries (110 calories) | n/a | |
| RICE / SUB | n/a | | Wild Rice Blend (150 calories) | Spanish Rice (90 calories) | |
| SOUP #1 | Chicken Wild Rice (115 calories) | Chef's Choice | Butternut Squash (115 calories) | Tortellini & Italian Sausage (120 calories) | Roasted Red Pepper (150 calories) |
| SOUP #2 | Tomato Basil (60 calories) | Southwest Chili (80 calories) | Bean & Bacon (190 calories) | Tequila Chicken (160 calories) | Tuscan Bean (170 calories) |

*Tacos are still available every Tuesday!

*Lent February 26th – April 9th

Spring Eatery Menu Specials & Soups

Week 3 (Dates: March 23-27, April 20-24, May 18-22)

| | Monday | Tuesday* | Wednesday | Thursday | Friday |
|---------------|---|---|---|-----------------------------------|---|
| LUNCH SPECIAL | Chicken Salad Sandwich (490 calories) plus, choice of: chips (100-220 calories) or cup of soup | Meatballs w/ Beef Gravy (340 calories) | Jamaican Jerk Chicken (310 calories) | BBQ Pulled Pork (680 calories) | Blackened Tilapia Taco Bowls Blackened tilapia, cilantro lime rice, black bean mixture, topped with fresh limes (410 calories) |
| VEGETABLE | | Roasted Brussel Sprouts (70 calories) | Steamed Broccoli (35 calories) | Coleslaw (140 calories) | |
| POTATO / SUB | | Mashed Potatoes (130 calories) | Baby Bakers (90 calories) | Baked Beans (130 calories) | |
| RICE / SUB | | Leek & Mushroom Rice (120 calories) | Basmati Rice (160 calories) | n/a | |
| SOUP #1 | Pork Green Chili (130 calories) | Clam Chowder (110 calories) | Chicken Wild Rice (115 calories) | Chef's Choice | Butternut Squash (115 calories) |
| SOUP #2 | Hearty Meatball (100 calories) | Hamburger Soup (130 calories) | Tomato Basil (60 calories) | Southwest Chili (80 calories) | Bean & Bacon (190 calories) |

Week 4 (Dates: March 30-April 3, April 27- May 1, May 25-29)

| | Monday | Tuesday* | Wednesday | Thursday | Friday |
|---------------|--------------------------------------|--|---|---|--------------------------------------|
| LUNCH SPECIAL | Orange Chicken (280 calories) | Creamy Pork Loin (180 calories) | Panko Chicken (240 calories) | Southwest Steak Salad Spring mix topped with fajita beef strips, corn, red onion, avocado, tortilla strips and southwest dressing (370 calories) | Potato Crusted Cod (210 calories) |
| VEGETABLE | California Medley (25 calories) | Oven Roasted Vegetables (50 calories) | Smothered Green Beans (150 calories) | | Snap Peas (70 calories) |
| POTATO / SUB | Chicken Egg Roll (160 calories) | Scalloped Potatoes (60 calories) | Garlic Mashed Potatoes (110 calories) | | Baked Potato Bar (280 calories) |
| RICE / SUB | Fried Rice (220 calories) | Mushroom Risotto (120 calories) | Parmesan, Sun-dried Tomato & Basil Rice (120 calories) | | Wild Rice Blend (150 calories) |
| SOUP #1 | Roasted Red Pepper (150 calories) | Tortellini & Italian Sausage (120 calories) | Pork Green Chili (130 calories) | Clam Chowder (110 calories) | Chicken Wild Rice (115 calories) |
| SOUP #2 | Tuscan Bean (170 calories) | Tequila Chicken (160 calories) | Hearty Meatball (100 calories) | Hamburger Soup (130 calories) | Tomato Basil (60 calories) |

*Tacos are still available every Tuesday!

*Lent February 26th – April 9th