

Fall Eatery Menu Specials & Soups

Weekly Specials 1 (Dates: September 6-10, October 4-8, November 1-5, Nov 29-Dec 3)

	Monday	Tuesday*	Wednesday	Thursday	Friday
DAILY ENTRÉE	Creamy Pork Loin (310 calories)	Beef & Bean Enchiladas (350 calories)	Half Club Sandwich (100 calories) with Build Your own Pho soup bowl: Beef or Chicken (140 calories) choice of Toppings 🥘	Chipotle Lime Tilapia (270 calories)	Roasted Turkey (200 calories)
DAILY VEGETABLE	Roasted Broccoli (90 calories)	Fiesta Corn (90 calories)		Green Beans (45 calories)	Roasted Brussel Sprouts (60 calories)
DAILY STARCH	Mushroom Risotto (120 Calories)	Mexican Infused Rice (75 calories)		Roasted Sweet Potatoes (120 calories)	Mashed Potatoes w/ Turkey Gravy (110/15 calories)
SOUP #1	Hamburger Soup * (260 calories)	Butternut Squash Bisque (230 calories)	Mexican Corn Soup * (160 calories)	Chicken Wild Rice (230 calories)	Chicken Enchilada Soup (210 calories)
SOUP #2	Lobster Bisque (390 calories)	BBQ Chicken Chili * (380 calories)	Roasted Red Pepper Bisque (300 calories)	Beef & Cabbage * (240 calories)	Mediterranean Bean Soup* (220 calories)

Weekly Specials 2 (Dates: September 13-17, October 11-15, November 8-12)

	Monday	Tuesday*	Wednesday	Thursday	Friday
DAILY ENTRÉE	Swedish Meatballs (390 calories)	Citrus Peppercorn Tilapia (150 calories)	Chicken Bacon Ranch Wrap (360 calories) plus, choice of: Chips (100-220 calories) or Cup of Soup	Shrimp or Chicken Caesar Salad (500 calories)	Barbacoa Street Taco's (160 calories)
DAILY VEGETABLE	Garlic Roasted Carrots (80 calories)	Oven Roasted Vegetables (50 calories)		Tropical Fruit (100 calories)	Refried Beans (120 calories)
DAILY STARCH	Basmati Rice (120 calories)	Broccoli Cheddar Quinoa (290 calories)		Breadstick (150 calories)	Mexican Infused Rice (40 calories)
SOUP #1	Minestrone Soup * (180 calories)	Potato Bacon Chive Soup (260 calories)	Lobster Bisque (390 calories)	BBQ Chicken Chili * (380 calories)	Roasted Red Pepper Bisque (300 calories)
SOUP #2	Beef Pot Roast (120 calories)	Bean & Bacon * (180 calories)	Hamburger Soup * (260 calories)	Butternut Squash Bisque (230 calories)	Mexican Corn Soup * (160 calories)

*Tacos available every Tuesday!

* Asterisks show Homemade soups 😊

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Weekly Specials 3 (Dates: September 20-24, October 18-22, November 15-19)

	Monday	Tuesday*	Wednesday	Thursday	Friday
DAILY ENTRÉE	Beef Pot Roast (190 calories)	French Dip Sandwich with Au Jus (270 calories) plus, choice of: Chips (100-220 calories) or Cup of Soup	Orange Grilled Chicken (190 calories)	Potato Crusted Cod (210 calories)	<u>Chicken Carnitas Bowl</u> Braised Chicken, Black Beans & Mexican Rice topped with Pico & Cotija Cheese (380 calories)
DAILY VEGETABLE	Steamed Broccoli (35 calories)		Green Beans with Almonds (80 calories)	Cauliflower (25 calories)	
DAILY STARCH	Mashed Potatoes (110 calories)		Asian Quinoa and Cucumber Salad (200 calories)	Butternut Squash (110 calories)	
SOUP #1	Beef & Cabbage * (240 calories)	Mediterranean Bean Soup * (220 calories)	Beef Pot Roast (120 calories)	Lobster Bisque (390 calories)	BBQ Chicken Chili * (380 calories)
SOUP #2	Chicken Wild Rice (230 calories)	Chicken Enchilada Soup (210 calories)	Minestrone Soup * (180 calories)	Hamburger Soup * (260 calories)	Butternut Squash Bisque (230 calories)

Weekly Specials 4 (Dates: Sept. 27- Oct. 1, Oct. 25-29, Nov. 22-26)

	Monday	Tuesday*	Wednesday	Thursday	Friday
DAILY ENTRÉE	Monterrey Chicken (280 calories)	Beef and Rice Stuffed Pepper's (300 calories)	Panko Chicken (240 calories)	Chicken Philly Wrap (80 calories) plus, choice of: Chips (100-220 calories) or Cup of Soup	Beef Stroganoff (220 calories)
DAILY VEGETABLE	Garlic Roasted Carrots (80 calories)	Garden Salad (25 calories)	Balsamic Roasted Green Beans (90 calories)		Roasted Asparagus (35 calories)
DAILY STARCH	Baby Bakers (120 calories)	Breadstick (150 calories)	Butternut Squash (110 calories)		Egg Noodles (160 calories)
SOUP #1	Roasted Red Pepper Bisque (300 calories)	Beef & Cabbage * (240 calories)	Mediterranean Bean Soup * (220 calories)	Beef Pot Roast (120 calories)	Bean & Bacon * (180 calories)
SOUP #2	Mexican Corn Soup * (160 calories)	Chicken Wild Rice (230 calories)	Chicken Enchilada Soup (210 calories)	Minestrone Soup * (180 calories)	Potato Bacon Chive Soup (260 calories)

*Tacos available every Tuesday! Asterisks * Show Homemade Soups 😊