

Spring Eatery Menu Specials & Soups

Week 1 (Dates: March 4-8, April 1-5, April 29-May 3, May 27-31)

	Monday	Tuesday*	Wednesday	Thursday	Friday
LUNCH SPECIAL	Chicken Cordon Bleu (310 calories)	Sandwich Combo Nuttty Turkey Cranberry Croissant (410 calories) Served with Chips (100-220 calories) OR cup of soup	Baked Ziti (250 calories)	Beef Barbacoa Bowl Beef Barbacoa, Black Beans, Cilantro lime rice, lettuce, corn and Cotija cheese (500 calories)	Tuna Stuffed Tomatoes (310 calories)
VEGETABLE	Garlic Butter Carrots (80 calories)		Garden Salad (25 calories)		Chips (100-220 calories)
POTATO / SUB	Parmesan Rice (220 calories)		Dinner Roll (100 calories)		Apple Slices w/ caramel dip (280 calories)
SOUP #1	Butternut Squash (115 calories)	Roasted Red Pepper (150 calories)	Beer Cheese Soup (120 calories)	Chicken Wild Rice (115 calories)	*Pasta Fagioli* (210 calories)
SOUP #2	*Tuscan Bean Soup* (170 calories)	*Split Pea w/ Ham* (140 calories)	*Tortellini & Italian Sausage* (120 calories)	*Beef & Cabbage * (120 calories)	Chicken Enchilada (210 calories)

Week 2 (Dates: March 11-15, April 8-12, May 6-10)

	Monday	Tuesday*	Wednesday	Thursday	Friday
LUNCH SPECIAL	Buffalo Chicken Wrap (210 calories) Plus, choice of: Chips (100-220 calories) Or Cup of Soup	Chicken Caesar Salad (440 calories)	Creamy Pork Loin Roast (180 Calories)	Chicken Fajita's (200 calories)	Parmesan Grilled Cheese (410 calories) Plus, choice of: Chips (100-220 calories) Or Cup of soup
VEGETABLE		Fresh Fruit w/Dip (45 calories)	Cauliflower & Broccoli (70 Calories)	Southwest Black Bean And Corn (60 calories)	
POTATO / SUB		Garlic Bread Stick (150 calories)	Scalloped Potatoes (120 Calories)	Mexican Rice (80 calories)	
SOUP #1	Lobster Bisque (400 calories)	*Chicken Gnocchi* (140 calories)	Butternut Squash (115calories)	Beer Cheese Soup (120 calories)	Roasted Red Pepper (150 calories)
SOUP #2	*White Chicken Chili* (120 calories)	Corn Chowder (140 calories)	*Tuscan Bean* (170calories)	*Split Pea w/Ham* (140 calories)	*Tortellini & Italian Sausage* (120 calories)

*Tacos are still available every Tuesday! Lent February 14th – March 28th

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Week 3 (Dates: March 18-22, April 15-19, May 13-17)

	Monday	Tuesday*	Wednesday	Thursday	Friday
LUNCH SPECIAL	Chicken Salad Croissant (400 calories) Plus, choice of: Chips (100-220 calories) Or Cup of soup	Beef Pot Roast (340 calories)	Crispy Pizza Chicken (280 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)	Apple Cranberry Almond Coleslaw (140 calories)	
POTATO / SUB		Garlic Mashed Potatoes (110 calories)	Dinner Roll (100 calories)	Chips (100-220 calories)	
SOUP #1	Chicken Wild Rice (115 calories)	*Pasta Fagioli* (210 calories)	Lobster Bisque (400 calories)	*Chicken Gnocchi* (140 calories)	Butternut Squash (115 calories)
SOUP #2	*Beef & Cabbage soup* (120 calories)	Chicken Enchilada (210 Calories)	*White Chicken Chili* (120 calories)	Corn Chowder (120 calories)	*Tuscan Bean* (170 calories)

Week 4 (Dates: March 25-March 29, April 22- April 26, May 20-24)

	Monday	Tuesday*	Wednesday	Thursday	Friday
LUNCH SPECIAL	Orange Chicken (190 calories)	½ Italian sub (120 Calories)	Monterrey Chicken (240 calories)	Southwest Salad Spring mix, Fajita beef OR Chicken. With corn, red onion, avocado, tortilla strips and southwest dressing. (420 calories)	Potato Crusted Cod (210 calories)
VEGETABLE	California Medley (25 calories)	Macaroni salad (280 Calories)	Smothered Green Beans (150 calories)		Cheesy Broccoli (260 calories)
POTATO / SUB	Vegetable Fried Rice (220 calories)	Chips (100-200 Calories)	Butter Lemon Garlic Rice (270 calories)		Baked Potato (161 calories)
SOUP #1	Roasted Red Pepper (300 calories)	Beer Cheese Soup (120 calories)	Chicken Wild Rice (115calories)	*Pasta Fagioli* (210 calories)	Lobster Bisque (400 calories)
SOUP #2	*Split Pea w/ Ham* (140 calories)	*Tortellini & Italian Sausage* (120 calories)	*Beef & Cabbage* (120 calories)	Chicken Enchilada (210 Calories)	*White Chicken Chili* (120 calories)

*Tacos are still available every Tuesday!

Soups with *Asterisk are made in house 😊