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| Fall Lunch Specials, Soups, and Smoothies**Weekly Specials 1 (Dates: Sept 1-5, Sept 29-Oct 3, Oct 27-Oct 31, Nov 24-28)** |
|  | **Monday** | **Tuesday\*** | **Wednesday** | **Thursday** | **Friday** |
| **Lunch Special** | Chicken Carnitas Bowl(230 Calories) | Roasted Pork Tenderloin (180 Calories) | Maple-Mustard Glazed Chicken(250 Calories) | Baked Ziti(150 Calories) | Chicken & Bean Enchiladas(220 Calories) |
| **Vegetable** |  | Steamed Broccoli(25 Calories) | Baby Bakers & Carrots(80 Calories) | Garden Salad(25 Calories) |  |
| **Potato / Rice** **or SUB** | Mexican Rice w/Black Beans & Corn(130 Calories) | Baby Bakers(100 Calories) |  |  | Mexican Rice(150 Calories) |
| **Soup #1** | \*Zuppa Toscana w/ Cauliflower\*(150 Calories) | \*Chicken & Rice\*(120 Calories) | \*Minestrone\*(130 Calories) | \*Chicken Tortilla\*(130 Calories) | \*Andouille White Bean\*(90 Calories) |
| **Soup #2** | \*Lentil Soup\*(210 Calories) | \*White Bean Chicken Chili\*(150 Calories) | \*Chicken Enchilada\*(200 Calories) | \*Hearty Cabbage\*(190 Calories) | \*Chicken & Dumpling\*(260 Calories) |
| **Weekly Specials 2 (Dates: Sept 8-12, Oct 6-10, Nov 3-7)** |
|  | **Monday** | **Tuesday\*** | **Wednesday** | **Thursday** | **Friday** |
| **Lunch Special** | Chicken Cacciatore(230 Calories) | Beef Pot Roast w/ Gravy (170 Calories) | Simple Chicken Pot Pie(280 Calories) | Southwest Salad(160-170 Calories) | Potato Crusted Cod(220 Calories) |
| **Vegetable** | Garden Salad(20 Calories) | Steamed Carrots(35 Calories) | Steamed Green Beans(20 Calories) | Mexican Fruit Salad(45 Calories) | Roasted Cauliflower(90 Calories) |
| **Potato / Rice** **or SUB** | Penne Pasta(270 Calories) | Mashed Potatoes(90 Calories) |  |  | Cinnamon Roasted Butternut Squash(110 Calories) |
| **Soup #1** | \*Turkey Sausage, Bean & Quinoa\*(200 Calories) | \*Andouille White Bean\*(90 Calories) | \*Beef & Barley\*(120 Calories) | \*Zuppa Toscana w/ Cauliflower\*(150 Calories) | \*Chicken Tortilla\*(130 Calories) |
| **Soup #2** | Chicken Wild Rice(210 Calories) | \*Chicken Enchilada\*(200 Calories) | \*Lentil Soup\*(210 Calories) | \*Hearty Cabbage\*(190 Calories) | Roasted Red Pepper(300 Calories) |
| (\*Soups with Asterisk are Homemade\*) \*Tacos are still available every Tuesday!**Smoothie Flavor-Thursday:** **Cherry Berry****Smoothie Flavor-Friday:****Strawberry- Banana****Grain Bowl Wednesday!****Smoothie Flavor-Tuesday:****Tropical Fruit** |
| Fall Lunch Specials, Soups, and Smoothies**Weekly Specials 3 (Dates: Sept 15-19, Oct 13-17, Nov 10-14)** |
|  | **Monday** | **Tuesday\*** | **Wednesday** | **Thursday** | **Friday** |
| **Lunch Special** | Chicken Fajitas(240 Calories) | Beef Stroganoff(150 Calories) | Baked Chicken Bruschetta (160 Calories) | Oven Roasted Turkey Breast w/ Gravy(320 Calories) | Sweet & Sour Chicken(340 Calories) |
| **Vegetable** |  | Steamed California Medley(30 Calories) | Oven Roasted Asparagus(35 Calories) | Roasted Brussel Sprouts(60 Calories) |  |
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| **Potato / Rice** **or SUB** | Mexican Street Corn(220 Calories) | Egg Noodles(260 Calories) | Baby Bakers(100 Calories) | Mashed Potatoes(90 Calories) | Fried Rice(120 Calories) |
| **Soup #1** | Roasted Red Pepper(130 Calories) | \*Andouille White Bean\*(90 Calories) | Chicken Wild Rice(210 Calories) | \*Chicken Tortilla\*(130 Calories) | \*Hearty Cabbage Soup\*(190 Calories) |
| **Soup #2** | \*White Bean Chicken Chili\*(150 Calories) | \*Black Bean Soup\*(120 Calories) | \*Beef & Barley Soup\*(120 Calories) | \*Minestrone\*(130 Calories) | \*Chicken & Rice\*(120 Calories) |
| **Weekly Specials 4 (Dates: Sept 22-26, Oct. 20-24, Nov 17-21)** |
|  | **Monday** | **Tuesday\*** | **Wednesday** | **Thursday** | **Friday** |
| **Lunch Special** | Tex-Mex Beef Stew(250 Calories) | Baked Ham(90 Calories) | Beef & Pepper Stir-Fry(240 Calories) | Greek-style Chicken w/Lemon Rice(260 Calories) | Chicken Lo-Mein(230 Calories) |
| **Vegetable** | Mexican Style Black Bean Salad(130 Calories) | Roasted Brussel Sprouts(80 Calories) | Sesame Green Beans(60 Calories) | Cucumber Dill Salad(30 Calories) | Apple Slices w/Vanilla Fruit Dip(280 Calories) |
| **Potato / Rice** **or SUB** |  | Sweet Potato Salad(310 Calories) | Basmati Rice(50 Calories) |  |  |
| **Soup #1** | \*Chicken & Dumpling\*(260 Calories) | Roasted Red Pepper(300 Calories) | \*White Bean Chicken Chili\*(150 Calories) | \*Black Bean Soup\*(200 Calories) | \*Beef & Barley Soup\*(120 Calories) |
| **Soup #2** | \*Zuppa Toscana w/Cauliflower\*(150 Calories) | \*Lentil Soup\*(210 Calories) | \*Turkey Sausage, Bean & Quinoa\*(200 Calories) | Chicken Wild Rice(210 Calories) | \*Minestrone\*(130 Calories) |

(\*Soups with Asterisk are Homemade\*) \*Tacos are still available every Tuesday!

**Smoothie Flavor-Friday:**

**Tropical Fruit**

**Smoothie Flavor-Thursday:**

**Pumpkin Spice**

**Smoothie Flavor-Tuesday:**

**Strawberry- Banana**

**Grain Bowl Wednesday!**