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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!**