

Winter Eatery Menu Specials & Soups

Weekly Specials 1 (Dates: December 9-13, January 6-10, February 3-7, March 2-6)

| | Monday | Tuesday* | Wednesday | Thursday | Friday |
|----------------------|-------------------------------------|--|---|---|------------------------------------|
| LUNCH SPECIAL | Monterrey Chicken (280 calories) | Sandwich & Soup Combo Hot Beef & Cheddar (230 calories) plus, choice of: Chips (100-220 calories) or Cup of Soup | Citrus Peppercorn Tilapia (150 calories) | <u>Southwestern Rice Bowl</u> Chicken seasoned w/ homemade taco seasoning, topped w/ scallions & pico, atop ruby wild blend rice (350 calories) | Lasagna (380 calories) |
| VEGETABLE | Steamed Carrots (45 calories) | | Roasted Broccoli (90 calories) | | California Medley (25 calories) |
| POTATO / SUB | Baked Beans (130 calories) | | Steamed Potatoes (110 calories) | | Breadstick (150 calories) |
| RICE / SUB | Cheesy Rice (280 calories) | | Wild Rice Blend (120 calories) | | |
| SOUP # 1 | Creamy Tortellini (150 calories) | Stuffed Pepper (90 calories) | Broccoli & Cheese (140 calories) | Chicken Wild Rice (115 calories) | Chef's Choice |
| SOUP #2 | Southwest Chili (80 calories) | Buffalo Chicken (190 calories) | Beef Barley (120 calories) | Minestrone (180 calories) | French Onion (85 calories) |

Weekly Specials 2 (Dates: December 16-20, January 13-17, February 10-14)

| | Monday | Tuesday* | Wednesday | Thursday | Friday |
|----------------------|--|------------------------------------|---|-------------------------------------|--|
| LUNCH SPECIAL | Italian Chicken (280 calories) | Beef Stew (250 calories) | Parmesan Grilled Cheese (400 calories) w/ Chips (100-220 calories) Or Cup of soup | Swedish Meatballs (380 calories) | Grilled Chicken Breast (240 calories) |
| VEGETABLE | Oven Roasted Vegetables (50 calories) | Steamed Carrots (45 calories) | | Green Beans (50 calories) | Cheesy Broccoli (310 calories) |
| POTATO / SUB | Penne with Marinara or Alfredo (460 or 470 calories) | Steamed Potato (110 calories) | | Mashed Potatoes (130 calories) | Baby Bakers (90 calories) |
| RICE / SUB | Cauliflower Rice (130 calories) | Biscuit (200 calories) | | Basmati Rice (120 calories) | Wild Rice Blend (120 calories) |
| SOUP # 1 | Chicken Noodle (115 calories) | Zuppa Toscana (190 calories) | Southwest Chili (80 calories) | Buffalo Chicken (190 calories) | Beef Barley (120 calories) |
| SOUP #2 | Beef Pot Roast (60 calories) | Chicken Tortilla (120 calories) | Creamy Tortellini (150 calories) | Stuffed Pepper (90 calories) | Broccoli & Cheese (140 calories) |

*Tacos available every Tuesday!

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Weekly Specials 3 (Dates: December 23-27, January 20-24, February 17-21)

| | Monday | Tuesday* | Wednesday | Thursday | Friday |
|----------------------|-------------------------------------|---|--|---------------------------------------|--|
| LUNCH SPECIAL | Creamed Chicken (230 calories) | Turkey Sloppy Joes (500 calories) | Baked Ham (120 calories) | Teriyaki Chicken (150 calories) | Potato Crusted Cod (210 calories) |
| VEGETABLE | Green Bean Blend (25 calories) | Garlic Roasted Carrots (80 calories) | Green Beans w/ almonds (130 calories) | Broccoli (35 calories) | Roasted Mexican Zucchini (160 calories) |
| POTATO / SUB | Mashed Potatoes (130 calories) | Ranch Potatoes (90 calories) | Scalloped Potatoes (60 calories) | Egg Roll (160 calories) | Baked Potato Bar (170 calories) |
| RICE / SUB | Biscuit (200 calories) | Chips (100-220 calories) | Basmati Rice (120 calories) | Hawaiian Fried Rice (120 calories) | Wild Rice Blend (150 calories) |
| SOUP #1 | Minestrone (180 calories) | French Onion (85 calories) | Beef Pot Roast (60 calories) | Southwest Chili (80 calories) | Stuffed Pepper (90 calories) |
| SOUP #2 | Chicken Wild Rice (115 calories) | Chef's Choice | Chicken Noodle (115 calories) | Creamy Tortellini (150 calories) | Buffalo Chicken (190 calories) |

Weekly Specials 4 (Dates: December 30- January 3, January 27-31, February 24-28)

| | Monday | Tuesday* | Wednesday | Thursday | Friday |
|----------------------|--|---|-------------------------------|--|---|
| LUNCH SPECIAL | Grilled BBQ Chicken Thighs (130 calories) | Roasted Turkey (130 calories) | Gyros (640 calories) | Panko Chicken (240 calories) | <u>Thai Chicken & Brown Rice Salad</u> Chicken tossed in Thai peanut sauce, w/ mango, peppers, rice and cilantro served on a lettuce leaf (350 calories) w/ Chips (100-220 calories) Or Cup of soup |
| VEGETABLE | Corn (100 calories) | Roasted Brussel Sprouts (70 calories) | Broccoli (35 calories) | Smothered Green Beans (150 calories) | |
| POTATO / SUB | Ranch Potatoes (90 calories) | Mashed Potatoes & Gravy (145 calories) | Steak Fries (110 calories) | Rosemary Roasted Potatoes (90 calories) | |
| RICE / SUB | Cheddar Bacon Risotto (260 calories) | Cranberry Sauce (90 calories) | N/A | Leek & Mushroom Rice (120 calories) | |
| SOUP #1 | Broccoli & Cheese (140 calories) | Minestrone (180 calories) | Chef's Choice | Beef Pot Roast (60 calories) | Chicken Tortilla (120 calories) |
| SOUP #2 | Beef Barley (120 calories) | Chicken Wild Rice (115 calories) | French Onion (85 calories) | Chicken Noodle (115 calories) | Zuppa Toscana (190 calories) |

*Tacos available every Tuesday!