

## Fall Eatery Menu Specials & Soups

### Weekly Specials 1 (Dates: September 7-10, October 5-9, November 2-6, Nov 30-Dec 4)

	Monday	Tuesday*	Wednesday	Thursday	Friday
DAILY ENTRÉE	Bone-In Chicken (490 calories)	Bean & Cheese Enchiladas (meatless) (340 calories)	Chipotle Lime Tilapia (270 calories)	Nutty Turkey Cranberry Croissant (410 calories) <b>plus, choice of:</b> Chips (100-220 calories) or Cup of Soup	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	Roasted butternut squash (110 calories)	Mexican Infused Rice (75 calories)	Roasted Sweet Potatoes (120 calories)		Mashed Potatoes w/ Turkey Gravy (110/15 calories) Herbed Wild Rice & Quinoa Stuffing (380 calories)
SOUP #1	Hamburger Soup (130 calories)	Butternut Squash Bisque (115 calories)	Chef's Choice	Chicken Wild Rice (115 calories)	Cream of Potato (90 calories)
SOUP #2	Lobster Bisque (195 calories)	BBQ Chicken Chili (190 calories)	Roasted Red Pepper Bisque (150 calories)	Beef & Cabbage (120 calories)	Mediterranean Bean Soup (110 calories)

### Weekly Specials 2 (Dates: September 14-18, October 12-16, November 9-13)

	Monday	Tuesday*	Wednesday	Thursday	Friday
DAILY ENTRÉE	Swedish Meatballs (390 calories)	Citrus Peppercorn Tilapia (150 calories)	Chicken Bacon Ranch Wrap (360 calories) <b>plus, choice of:</b> Chips (100-220 calories) or Cup of Soup	Creamy Pork Loin (310 calories)	Baked Ziti (300 calories)
DAILY VEGETABLE	Garlic Roasted Carrots (80 calories)	Oven Roasted Vegetables (50 calories)		Roasted Asparagus (35 calories)	Caesar Salad (180 calories)
DAILY STARCH	Basmati Rice (120 calories)	Broccoli Cheddar Quinoa (290 calories)		Wild Rice & Quinoa Blend (240 calories)	Breadstick (150 calories)
SOUP #1	Indian Spiced Lentil Soup (300 calories)	Tequila Chicken (125 calories)	Lobster Bisque (195 calories)	BBQ Chicken Chili (190 calories)	Roasted Red Pepper Bisque (150 calories)
SOUP #2	Beef Pot Roast (60 calories)	Bean & Bacon (90 calories)	Hamburger Soup (130 calories)	Butternut Squash Bisque (115 calories)	Chef's Choice

\*Tacos available every Tuesday!

## Fall Eatery Menu Specials & Soups

### Weekly Specials 3 (Dates: September 21-25, October 19-23, November 16-20)

	Monday	Tuesday*	Wednesday	Thursday	Friday
DAILY ENTRÉE	Beef Pot Roast (190 calories)	French Dip Sandwich with Swiss and Au Jus (400 calories) <b>plus, choice of:</b> Chips (100-220 calories) or Cup of Soup	Orange Grilled Chicken (190 calories)	Potato Crusted Cod (210 calories)	Chicken Carnitas Bowl 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)	Fresh California Medley (45 calories)	
DAILY STARCH	Choice of: Mashed Potatoes (110 calories) Egg Noodles (160 calories)		Asian Quinoa and Cucumber Salad (200 calories)	Mushroom Risotto (120 calories)	
SOUP #1	Beef & Cabbage (120 calories)	Mediterranean Bean Soup (110 calories)	Beef Pot Roast (60 calories)	Lobster Bisque (195 calories)	BBQ Chicken Chili (190 calories)
SOUP #2	Chicken Wild Rice (115 calories)	Cream of Potato (90 calories)	Tequila Chicken (125 calories)	Hamburger Soup (130 calories)	Butternut Squash Bisque (115 calories)

### Weekly Specials 4 (Dates: Sept. 28- Oct. 2, Oct. 26-30, Nov. 23-27)

	Monday	Tuesday*	Wednesday	Thursday	Friday
DAILY ENTRÉE	Monterrey Chicken (280 calories)	Quinoa Stuffed Peppers (meatless) (290 calories)	Panko Chicken (240 calories)	Hot Ham & Swiss Sandwich (350 calories) <b>plus, choice of:</b> 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)	Wild Rice & Quinoa Blend (240 calories)		Egg Noodles (160 calories)
SOUP #1	Roasted Red Pepper Bisque (150 calories)	Beef & Cabbage (120 calories)	Mediterranean Bean Soup (110 calories)	Beef Pot Roast (60 calories)	Bean & Bacon (90 calories)
SOUP #2	Chef's Choice	Chicken Wild Rice (115 calories)	Cream of Potato (90 calories)	Tequila Chicken (125 calories)	Indian Spiced Lentil Soup (300 calories)

\*Tacos available every Tuesday!