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| Winter Eatery Menu Specials & Soups  **Weekly Specials 1 (Dates: December 6-10, January 3-7, January 31-February 4, February 28 – March 4)** | | | | | |
|  | **Monday** | **Tuesday\*** | **Wednesday** | **Thursday** | **Friday** |
| **Lunch Special** | Smothered Chicken  (260 calories) | Southwest Rice Bowl  With steak, scallions, tomato, cotija cheese, Pico, Mexican rice  (370 calories) | Tuna Salad Wrap  (410 calories)  w/ Chips  (100-220 calories)  and  Cup of soup | Stuffed Shells with Bolognese Sauce  (290 Calories) | Citrus Peppercorn Tilapia  (150 calories) |
| **Vegetable** | Garlic Roasted Carrots  (80 calories) | Garden Salad  (25 Calories) | Oven Roasted Vegetables  (50 calories) |
| **Potato / sub** | Baked Beans  (130 calories) | Multigrain Dinner Roll  (120 calories) | Baby Bakers  (120 calories) |
| **Soup #1** | Creamy Tortellini  (170 calories) | Hearty Meatball  Soup  (100 Calories) | House made Stuffed Pepper  (150 calories) | Broccoli & Cheese  (140 calories) | Chili  (210 Calories) |
| **Soup #2** | Minestrone  (180 calories) | Chicken Wild Rice  (210 calories) | Potato w/ Bacon Onion  & Chive  (260 calories) | Beef Barley  (120 calories) | Chicken Noodle  (230  (230 calories) |
| **Weekly Specials 2 (Dates: December 13-17, January 10-14, February 7-11)** | | | | | |
|  | **Monday** | **Tuesday\*** | **Wednesday** | **Thursday** | **Friday** |
| **Lunch Special** | Beef Stew  (250 calories) | Parmesan Grilled Cheese  (400 calories)  w/  Chips  (100-220 calories)  and  Cup of soup | Italian Chicken  (280 calories) | Sweet Chili Meatballs  (390 calories) | Cobb Salad  (150 Calories) |
| **Vegetable** | Garden Salad  (25 Calories) | Roasted Broccoli  (90 calories) | Green Beans  (45 calories) | Cup of soup |
| **Potato / sub** | Biscuit  (200 calories) | Penne Pasta w/ Marinara  Sauce  (460 calories) | Mashed Potatoes  (110 calories) | Multigrain Dinner Roll  (120 calories) |
| **Soup #1** | Zuppa Toscana  (380 calories) | Mushroom Barley Vegetable  (80 calories) | Creamy Tortellini  (150 calories) | Hearty Meatball  Soup  (100 Calories) | House made Stuffed Pepper  (140 calories) |
| **Soup #2** | Beef Pot Roast  (140 calories) | Roasted Red Pepper Bisque  (300 calories) | Minestrone  (180 calories) | Chicken Wild Rice  (230 calories) | Potato w/Bacon Onion  & Chive  (260 calories) |
| \*Tacos available every Tuesday! | | | | | |
| Winter Eatery Menu Specials & Soups  **Weekly Specials 3 (Dates: December 20-24, January 17-21, February 14-18)** | | | | | |
|  | **Monday** | **Tuesday\*** | **Wednesday** | **Thursday** | **Friday** |
| **Lunch Special** | Creamed Chicken  (230 calories) | Beef & Pepper Stir Fry  (250 Calories) | Baked Ham  (120 calories) | Teriyaki Chicken  (150 calories) | Potato Crusted Cod  (210 calories) |
| **Vegetable** | Roasted Asparagus  (35 calories) | Sesame Green Beans (80calories) | Maple Roasted Root  Vegetables  (330 calories) | Broccoli  (35 calories) | Garlic Roasted Carrots  (80 calories) |
| **Potato / sub** | Mashed Potatoes  (110 calories) | Basmati Rice  (120 calories) | Scalloped Potatoes  (60 calories) | Fried Rice  (220 calories) | Ranch Potatoes  (90 calories) |
| Biscuit  (200 calories) |
| **Soup #1** | Broccoli & Cheese  (140 calories) | Chili  (210 Calories) | Zuppa Toscana  (190 calories) | Mushroom Barley Vegetable  (160 calories) | Creamy Tortellini  (150 calories) |
| **Soup #2** | Beef Barley  (120 calories) | Chicken Noodle  (115 calories) | Beef Pot Roast  (60 calories) | Roasted Red Pepper Bisque  (300 calories) | Minestrone  (180 calories) |
| **Weekly Specials 4 (Dates: December 27-31, January 24-28, February 21-25)** | | | | | |
|  | **Monday** | **Tuesday\*** | **Wednesday** | **Thursday** | **Friday** |
| **Lunch Special** | Grilled BBQ Chicken Thighs (130 calories) | Gyros  (640 calories) | Roasted Turkey  (200 calories) | Southwest Veggie Wrap  (300 calories)  w/  Chips  (100-220 calories)  and  Cup of soup | Chicken Divan  (470 calories) |
| **Vegetable** | Corn  (100 calories) | Apple Slices with caramel dip (280 Calories) | Roasted Brussel Sprouts  (60 calories) | Green Beans w/ almonds  (80 calories) |
| **Potato / sub** | Cheddar Bacon Risotto  (260 calories) | Garlic Parmesan Steak Fries  (90 calories) | Mashed Potatoes & Gravy  (110/15 calories) | Rice Pilaf  (120 calories) |
| Cranberry Sauce  (90 calories) |
| **Soup #1** | Hearty Meatball  Soup  (100Calories) | House made Stuffed Pepper  (140 calories) | Broccoli & Cheese  (140 calories) | Chili  (210 Calories) | Zuppa Toscana  (190 calories) |
| **Soup #2** | Chicken Wild Rice  (230 calories) | Potato w/Bacon Onion  &Chive  (260 calories) | Beef Barley  (120 calories) | Chicken Noodle  (115 calories) | Beef Pot Roast  (60 calories) |

\*Tacos available every Tuesday!