|  |
| --- |
| 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 BowlWith 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 MeatballSoup(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/ MarinaraSauce (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 RootVegetables(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 MeatballSoup(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!