|  |
| --- |
| Summer Eatery Menu Specials & Soups**Weekly Specials 1 (Dates: June 5-9, July 3-7, July 31-August 4, August 28- September 1)** |
|  | **Monday** | **Tuesday\*** | **Wednesday** | **Thursday** | **Friday** |
| **Lunch Special** | Beef Enchilada’s(350 Calories) | Hot Ham & Swiss Sandwich (350 Calories) | Oriental Chicken Salad with Sesame Dressing(230 calories)**plus, choice of:**Egg Roll(140 calories)orcup of soup | Country Style BBQ Pork Ribs(Calories 275) | Bone -in- Chicken(340 calories) |
| **Vegetable** | Refried Beans(120 calories) | Tropical fruit(Calories 100) | Watermelon Cucumber Salad(110 Calories) | Green Beans with Mustard Sauce(60 calories) |
| **Potato / Rice** **or SUB** | Mexican Rice(190 calories) | Chips(100 Calories) | Loaded Potato Skin(270 Calories) | Steak Fries(110 calories) |
| **Soup #1** | \*Creamy Tortellini\*(320 calories) | Cheesy Broccoli(280 calories) | \*Egg Roll Soup\*(290 calories) | Chicken Wild Rice(230 calories) | Roasted Red Pepper soup(300 calories) |
| **Soup #2** | \*Chicken & Rice Soup\*(110 calories) | \*Chicken Noodle\*(110 calories) | Chef’s Choice Soup | \*Tomato Florentine\*(60 calories) | Tortilla Chicken(240 calories) |
| **Weekly Specials 2 (Dates: June 12-16 July 10-14, August 7-11)** |
|  | **Monday** | **Tuesday\*** | **Wednesday** | **Thursday** | **Friday** |
| **Lunch Special** | Sweet Chili Meatballs(390 calories) | Sun-Dried Tomato Topped Chicken(290 calories) | Beef Barbacoa Bowl(500 calories)**Includes Rice and Toppings** | Roasted GarlicLemon Cod(220 calories) | Green Chili Chicken(300 calories) |
| **Vegetable** | Carrots(45 calories) | Broccoli & Cauliflower(70 calories) | Roasted Zucchini(35 calories) | Green Beans(50 calories) |
| **Potato / Rice** **or SUB** | Garlic Mashed Potatoes(110 calories) | Baby Bakers(120 calories) | Lemon Pesto Parmesan Rice(310) | Corn Muffin(140 calories) |
| **Soup #1** | Butter Nut Squash Soup(230 calories) | Chef’s Choice Soup | \*Chicken & Rice\*(110 calories) | \*Chicken Noodle\*(110 calories) | Chef’s Choice Soup |
| **Soup #2** | Creamy Asparagus Soup(140 calories) | Baked Potato W/Bacon andChives(260calories) | \*Creamy Tortellini\*(320 calories) | Cheesy Broccoli(280 calories) | \*Egg Roll Soup\*(290 calories) |
| (\*Soups with Asterisk are Homemade\*) \*Tacos are still available every Tuesday! |
| Summer Eatery Menu Specials & Soups**Weekly Specials 3 (Dates: June 19-23, July 17-21 August 14-18)** |
|  | **Monday** | **Tuesday\*** | **Wednesday** | **Thursday** | **Friday** |
| **Lunch Special** | BYO Summer Salad(60 calories)Served with a Breadstick(150 calories)&Cup of Soup | Parmesan Grilled Cheese(400 calories)**plus, choice of:**Chips (100-220 calories)orCup of soup | Citrus Tilapia(150 calories) | BBQ Pork Sandwich(680 calories) | Cilantro Lime Chicken(180 calories) |
| **Vegetable** | Roasted Asparagus(25 calories) | Corn on the Cob(100 calories) | Glazed Carrots(100 calories) |
| **Potato / Rice** **or SUB** | Baby Bakers(120 calories) | Watermelon(35 calories) | Rice Pilaf(120 calories) |
| **Soup #1** | \*Tomato Florentine\*(60 calories) | Tortilla Chicken(240 calories) | Butternut Squash soup(230 calories) | \*Chicken & Rice\*(110 calories) | \*Chicken Noodle\*(110 calories) |
| **Soup #2** | Chicken Wild Rice(230 calories) | Roasted Red Pepper Soup(300 calories) | Creamy Asparagus Soup(140 Calories) | \*Creamy Tortellini\*(320 calories) | Cheesy Broccoli(280 calories) |
| **Weekly Specials 4 (Dates: June 26-June 30, July 24-28, August 21-25)** |
|  | **Monday** | **Tuesday\*** | **Wednesday** | **Thursday** | **Friday** |
| **Lunch Special** | French Dip w/Au Jus& Swiss Cheese(400 calories)Choice of Soup or Chips(100-220 Calories) | Lemon pepper Tilapia(200 calories) | Panko Chicken(240 calories) | Sloppy Joes(370 calories) | Apple Cranberry Walnut Salad(310 calories)Served with a Breadstick(150 calories)&Cup of Soup |
| **Vegetable** | Green Beans(25 calories) | Roasted Carrots(80 calories) | Cranberry Almond Apple Slaw(70 calories) |
| **Potato / Rice** **or SUB** | Basmati Rice(120 Calories) | Potatoes O Brien(170 calories) | Steak Fries(110 calories) |
| **Soup #1** | Chef’s Choice Soup | \*Tomato Florentine\*(60 calories) | Tortilla Chicken(240 calories) | Butternut Squash soup(230 calories) | Baked Potato w/ BaconAnd chives(260calories) |
| **Soup #2** | \*Egg Roll Soup\*(290 calories) | Chicken Wild Rice(230 calories) | Roasted Red Pepper soup(300 calories) | Creamy Asparagus Soup(140 calories) | Chef’s Choice Soup |

(\*Soups with Asterisk are Homemade\*) \*Tacos are still available every Tuesday!