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| Fall Eatery Menu Specials & Soups  **Weekly Specials 1 (Dates: September 4-8, October 2-6 October 30-Nov 3, Nov 27-Dec 1)** | | | | | |
|  | **Monday** | **Tuesday\*** | **Wednesday** | **Thursday** | **Friday** |
| **Daily entrée** | Creamy Pork Loin  (310 calories) | Tator Tot Hotdish  (300 calories) | Grilled Chicken Stir Fry  Served over Rice  (180 Calories)  Egg Roll  (160 Calories) | Breaded Lemon Pepper Tilapia  (200 calories) | Roasted Turkey  (200 calories) |
| **Daily vegetable** | Peas and Carrots  (50 calories) | Corn  (110 calories) | Steamed Broccoli  (35 calories) | Roasted Brussel Sprouts  (60 calories) |
| **Daily starch** | Garlic Mashed Potatoes  (110 Calories) | Dinner Roll  (100 calories) | Roasted Sweet Potatoes  (120 calories) | Mashed Potatoes w/ Turkey Gravy  (110/15 calories) |
| **Soup #1** | Hamburger Soup \*  (260 calories) | Butternut Squash Bisque  (230 calories) | Beer Cheese Soup  (120 calories) | Corn Chowder  (120 calories) | Zuppa Toscano Soup\*  (360 calories) |
| **Soup #2** | Chicken Noodle Soup\*  (230 calories) | White Bean Chicken Chili\*  (120 calories) | Roasted Red Pepper Bisque  (300 calories) | Beef & Cabbage Soup\*  (240 calories) | Chicken Wild Rice Soup  (230 calories) |
| **Weekly Specials 2 (Dates: September 11-15, October 9-13, November 6-10)** | | | | | |
|  | **Monday** | **Tuesday\*** | **Wednesday** | **Thursday** | **Friday** |
| **Daily entrée** | Swedish Meatballs  (390 calories) | Citrus Peppercorn Tilapia  (150 calories) | Chicken Bacon Ranch Wrap  (360 calories)  **plus, choice of:**  Chips OR  (100-220 calories)  Cup of Soup | Stuffed Cabbage Rolls  (170 calories) | Barbacoa Street Taco’s  (160 calories) |
| **Daily vegetable** | Asian Vegetable Blend  (25 calories) | Garden Salad  (25 calories) | Steamed Broccoli  (35 calories) | Refried Beans  (120 calories) |
| **Daily starch** | Basmati Rice  (120 calories) | Cinnamon Roasted Butternut Squash  (110 calories) | Garlic Mashed Potato  (110 calories) | Mexican Infused Rice  (40 calories) |
| **Soup #1** | Potato Leek Pottage Soup  (120 calories) | Broccoli Cheese Soup  (260 calories) | Chicken Noodle Soup\*  (230 calories) | White Bean Chicken Chili\*  (120 calories) | Roasted Red Pepper Bisque  (300 calories) |
| **Soup #2** | Chef’s Choice Soup | Bean & Bacon Soup \*  (180 calories) | Hamburger Soup \*  (260 calories) | Butternut Squash Bisque  (230 calories) | Beer Cheese Soup  (120 calories) |
| \*Tacos available every Tuesday!  \* Asterisks show Homemade soups 😊 | | | | | |
| Fall Eatery Menu Specials & Soups  **Weekly Specials 3 (Dates: September 18-22, October 16-20 November 13-17** | | | | | |
|  | **Monday** | **Tuesday\*** | **Wednesday** | **Thursday** | **Friday** |
| **Daily entrée** | Beef Pot Roast  (190 calories) | French Dip Sandwich with Au Jus  (270 calories)  **plus, choice of:**  Chips  (100-220 calories)  or  Cup of Soup | Orange Grilled Chicken  (190 calories) | Potato Crusted Cod  (210 calories) | Chicken Caritas Bowl  Braised Chicken, Black Beans & Mexican Rice topped with Pico & Cotija Cheese  (380 calories) |
| **Daily vegetable** | Steamed Carrots  (45 calories) | Green Beans with Almonds  (80 calories) | Cauliflower  (25 calories) |
| **Daily starch** | Mashed Potatoes  (110 calories) | Asian Quinoa and Cucumber Salad  (200 calories) | Butternut Squash  (110 calories) |
| **Soup #1** | Beef & Cabbage Soup\*  (240 calories) | Potato Leek Pottage Soup  (120 calories) | Broccoli Cheese Soup  (260 calories) | Chicken Wild Rice Soup  (230 calories) | White Bean Chicken Chili\*  (120 calories) |
| **Soup #2** | Corn Chowder  (120 calories) | Chicken Enchilada Soup  (210 calories) | Bean & Bacon Soup\*  (180 calories) | Hamburger Soup \*  (260 calories) | Butternut Squash Bisque  (230 calories) |
| **Weekly Specials 4 (Dates: Sept. 25- 29, Oct. 23-27, Nov. 20-24)** | | | | | |
|  | **Monday** | **Tuesday\*** | **Wednesday** | **Thursday** | **Friday** |
| **Daily entrée** | Monterrey Chicken  (280 calories) | Beef and Rice Stuffed Pepper’s  (300 calories) | Chicken Kiev  (310 calories) | Chicken Philly Wrap  (80 calories)  **plus, choice of**:  Chips OR  (100-220 calories)  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) | Butternut Squash  (110 calories) | Egg Noodles  (160 calories) |
| **Soup #1** | Roasted Red Pepper Bisque  (300 calories) | Zuppa Toscano Soup  (360 calories) | Potato Leek Pottage Soup  (120 calories) | Bean & Bacon Soup\*  (180 calories) | Chef’s Choice Soup |
| **Soup #2** | Beer Cheese Soup  (120 calories) | Chicken Wild Rice Soup  (230 calories) | Chicken Enchilada Soup  (210 calories) | Broccoli Cheese Soup  (260 calories) | Beef & Cabbage Soup\*  (240 calories) |

\*Tacos available every Tuesday!

Asterisks \* Show Homemade Soups 😊