

# Foothill's Courtyard Café

Breakfast (Daily) - 6:30am - 10:00am

Lunch (M-F) - 11:00 am - 4:00pm

Limited Hot Food Menu – 1:30pm – 4:00pm

Dinner (M-F) - 5:00 pm - 7:00 pm

Weekend Lunch - 11:30am – 2:00pm

May 13 – May 19

## \*\*Menu Item Meets the Eat Well Health and Wellness Criteria

Day	Icon	Item	Calories	Fat	Price	
Monday	HOME	BBQ Beef Brisket	340	16 g	\$5.19	
		Thai Basil Chicken	460	9 g	\$5.19	
		Mashed Red Skin Potatoes	130	5 g	\$1.79	
		Basmati Rice	130	0 g	\$1.79	
		Corn on the Cob	45	0 g	\$1.79	
		Garlic Roasted Broccoli	50	4 g	\$1.79	
	SIZZLE	Beef Chili	258	9 g	\$3.09	
		Barley Vegetable Soup	80	4 g	\$2.99	
		Lunch Grill Special – Southwest Turkey Melt			\$6.59	
		Expo – Capital Tacos with Quesadillas			\$9.28	
Tuesday	HOME	Spaghetti with Bolognese Sauce			\$5.19	
		Spaghetti with Marinara Sauce			\$4.19	
		Kung Pao Chicken	400	20 g	\$5.19	
		Vegetable Fried Rice	130	5 g	\$1.79	
		Garlic Bread			\$1.79	
		Roasted Sweet Potatoes	100	2 g	\$1.79	
	SIZZLE	Roasted Brussels Sprouts with Garlic	35	1 g	\$1.79	
		California Blend Vegetables <b>**Eat Well</b>	20	0 g	\$1.79	
		Beer Cheese Soup			\$2.99	
		Chicken Double Noodle Soup	100	3 g	\$2.99	
		Lunch Grill Special – Southwest Turkey Melt			\$6.59	
		Lunch Expo – Tiffin's India Café Cuisine			\$11.95	
Wednesday	HOME	Honey Fried Chicken with Boom Boom Sauce	720	42 g	\$5.19	
		Baja Fish Tacos			\$5.19	
		Scalloped Potatoes			\$1.79	
		Mexi-Rice	130	0 g	\$1.79	
		Fire Roasted Corn	110	2 g	\$1.79	
		Sweet Potato & Roasted Root Vegetables	53	0 g	\$1.79	
	SIZZLE	Beef Chili	258	9 g	\$3.09	
		Barley Vegetable Soup	80	4 g	\$2.99	
		Lunch Grill Special – Southwest Turkey Melt			\$6.59	
		Lunch Expo – Capital Tacos			\$12.9	

**Thursday**



<b>BBQ Pulled Pork</b>	250 Calories	11 g Fat	\$5.19
<b>Blackened Salmon with Lemon Dill Aioli</b>	350 Calories	29 g Fat	\$5.19
<b>Roasted Garlic Rice</b>	130 Calories	2 g Fat	\$1.79
<b>Cheddar Jalapeno Cornbread</b>	250 Calories	13 g Fat	\$1.79
<b>Green Chili Calabacitas</b>	50 Calories	2 g Fat	\$1.79
<b>Sautéed Green Beans &amp; Cherry Tomatoes</b>	35 Calories	2 g Fat	\$1.79
<b>Chicken &amp; Dumplings Soup</b>	140 Calories	5 g Fat	\$2.99
<b>Sweet Tomato Soup</b>	94 Calories	4 g Fat	\$2.99
<b>Lunch Grill Special – Southwest Turkey Melt</b>			\$6.59
<b>Lunch Expo – Greek Gyro Bowl</b>			\$7.89



**Friday**



<b>Carved Teriyaki Steak</b>			\$6.59
<b>Chicken Mushroom Marsala</b>	240 Calories	11 g Fat	\$5.19
<b>Brown Rice</b>	110 Calories	1 g Fat	\$1.79
<b>Pork Egg Roll</b>	180 Calories	9 g Fat	\$1.79
<b>Peas &amp; Mushrooms</b>	90 Calories	4 g Fat	\$1.79
<b>Broccoli &amp; Red Pepper Stir Fry</b>	35 Calories	2 g Fat	\$1.79
<b>**Eat Well</b>			
<b>Beef Chili</b>	258 Calories	9 g Fat	\$3.09
<b>Barley Vegetable Soup</b>	80 Calories	4 g Fat	\$2.99
<b>Lunch Grill Special – Southwest Turkey Melt</b>			\$6.59
<b>Lunch Expo – Tiffin's India Café Cuisine</b>			\$11.95



**Saturday & Sunday**



**Weekend Hours:**

Breakfast 6:30am – 10:00am  
Lunch 11:30am – 200pm

- Chicken Tenders**
- Grab and Go Meals**
- Grab and Go Salads**
- French Fries/Tater Tots**
- Onion Rings**

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