

# 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

December 30 –  
 January 5

**\*\*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
		Hearty Baked Beans	45	0 g	\$1.79
		Garlic Roasted Broccoli	50	4 g	\$1.79
		Beef Chili	258	9 g	\$3.09
		Barley Vegetable Soup	80	4 g	\$2.99
		Lunch Grill Special – Spicy Falafel Wrap			\$6.59
		Expo – Capital Tacos with Quesadillas			\$9.28
Tuesday	HOME	Spaghetti with Bolognese Sauce			\$5.19
		Turkey Pot Pie			\$5.19
		Herbed Rice	130	5 g	\$1.79
		Garlic Bread			\$1.79
		Spaghetti			\$1.79
		Roasted Mushrooms	35	1 g	\$1.79
		Roasted Autumn Vegetables			\$1.79
		Beer Cheese Soup			\$2.99
		Chicken Double Noodle Soup	100	3 g	\$2.99
		Lunch Grill Special – Spicy Falafel Wrap			\$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
		Cheddar Chive Mashed Potatoes			\$1.79
		Mexi-Rice	130	0 g	\$1.79
		Roasted Corn	110	2 g	\$1.79
		Roasted Root Vegetables	53	0 g	\$1.79
		Beef Chili	258	9 g	\$3.09
		Barley Vegetable Soup	80	4 g	\$2.99
		Lunch Grill Special – Spicy Falafel Wrap			\$6.59
		Lunch Expo – Capital Tacos			\$12.9

**Thursday**



<b>Kung Pao Chicken</b>				\$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>Veggie Lo Mein</b>	250 Calories	13 g Fat		\$1.79
<b>Green Chili Calabacitas</b>	50 Calories	2 g Fat		\$1.79
<b>Baby Bok Choy</b>	35 Calories	2 g Fat		\$1.79
<b>Chicken &amp; Dumplings Soup</b>				
<b>Sweet Tomato Soup</b>	140 Calories	5 g Fat		\$2.99
<b>Lunch Grill Special – Spicy Falafel Wrap</b>	94 Calories	4 g Fat		\$2.99
<b>Lunch Expo – Strawberry Chicken Grain Bowl</b>				\$6.59
				\$7.89



**Friday**



<b>Carved Teriyaki Steak</b>				\$6.59
<b>Chicken Mushroom Marsala</b>	240 Calories	11 g Fat		\$5.19
<b>Yellow Jasmine 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 – Spicy Falafel Wrap</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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