







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 9 - 15

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

Day	Icon	Item	Calories	Fat	Price
Monday		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 – Italian Sandwich			\$6.59
		Expo – Capital Tacos with Quesadillas			\$9.28
Tuesday		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 – Italian Sandwich			\$6.59
		Lunch Expo – Tiffin's India Café Cuisine			\$11.95
Wednesday		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 – Italian Sandwich			\$6.59
		Lunch Expo – Capital Tacos			\$12.9

Thursday



Kung Pao Chicken				\$5.19
Blackened Salmon with Lemon Dill Aioli	350 Calories	29 g Fat		\$5.19
Roasted Garlic Rice	130 Calories	2 g Fat		\$1.79
Veggie Lo Mein	250 Calories	13 g Fat		\$1.79
Green Chili Calabacitas	50 Calories	2 g Fat		\$1.79
Baby Bok Choy	35 Calories	2 g Fat		\$1.79
Chicken & Dumplings Soup				
Sweet Tomato Soup	140 Calories	5 g Fat		\$2.99
Lunch Grill Special – Italian Sandwich	94 Calories	4 g Fat		\$2.99
Lunch Expo – Strawberry Chicken Grain Bowl				\$6.59
				\$7.89



Friday



Carved Teriyaki Steak				\$6.59
Chicken Mushroom Marsala	240 Calories	11 g Fat		\$5.19
Yellow Jasmine Rice	110 Calories	1 g Fat		\$1.79
Pork Egg Roll	180 Calories	9 g Fat		\$1.79
Peas & Mushrooms	90 Calories	4 g Fat		\$1.79
Broccoli & Red Pepper Stir Fry	35 Calories	2 g Fat		\$1.79
**Eat Well				
Beef Chili	258 Calories	9 g Fat		\$3.09
Barley Vegetable Soup	80 Calories	4 g Fat		\$2.99
Lunch Grill Special – Italian Sandwich				\$6.59
Lunch Expo – Tiffin's India Café Cuisine				\$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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