







# 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

February 3 - 9

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

Day	Icon	Item	Calories	Fat	Price
<b>Monday</b>		Smoked BBQ Pork Ribs	540	45 g	\$5.19
		Chicken Caprese			\$5.19
		Macaroni and Cheese	190	9 g	\$1.79
		Savory Rice Pilaf	150	3 g	\$1.79
		Ginger Honey Glazed Carrots	110	4 g	\$1.79
		Lemon Broccoli	20	0 g	\$1.79
		Chicken Double Noodle Soup	100	3 g	\$2.99
		Vegetarian Chili	110	1 g	\$3.09
		Lunch Grill Special – Carne Asada Torta			\$6.59
		Lunch Expo – Capital Subs			\$12.99
<b>Tuesday</b>		Firecracker Hunan Chicken	350	10 g	\$5.19
		Baja Shrimp Tacos	350	7 g	\$5.19
		Spanish Rice	120	0 g	\$1.79
		Sesame Garlic Ramen Noodles			\$1.79
		Sesame Spinach <b>**Eat Well</b>	20	0 g	\$1.79
		Refried Beans	53	0 g	\$1.79
		Tomato Basil Soup	280	9 g	\$2.99
		Chicken Gumbo			\$2.99
		Lunch Grill Special – Carne Asada Torta			\$6.59
		Lunch Expo – Tiffin's India Café Cuisine			\$11.95
<b>Wednesday</b>		Meat Lasagna	330	14 g	\$5.19
		Pesto Glazed Cod	220	14 g	\$5.19
		Garlic Bread			\$1.79
		Roasted Red Potatoes			\$1.79
		Steamed Broccoli <b>**Eat Well</b>	20	0 g	\$1.79
		Grilled Zucchini Squash	60	5 g	\$1.79
		Vegetarian Chili	110	1 g	\$3.09
		Chicken Double Noodle Soup	100	3 g	\$2.99
		Lunch Grill Special – Carne Asada Torta			\$6.59
		Lunch Expo – Capital Tacos & Burritos			\$12.99

**Thursday**



Coconut Chicken	680 Calories	23 g Fat	\$5.19
Beef Burrito	840 Calories	32 g Fat	\$5.19
Herb Roasted Red Potatoes	140Calories	3 g Fat	\$1.79
Cilantro Lime Rice			\$1.79
Mexican Style Corn	20 Calories	0 g Fat	\$1.79
Roasted Asparagus	45 Calories	4 g Fat	\$1.79
Tomato Basil Soup	280 Calories	9 g Fat	\$2.99
Chicken Gumbo			\$2.99
Lunch Grill Special – Carne Asada Torta			\$6.59
Lunch Expo – Big Game Nachos			\$7.89



**Friday**



Chili Garlic BBQ Beef			\$5.19
Honey Lemon BBQ Rotisserie Chicken	580 Calories	24 g Fat	\$5.19
Red Beans & Rice	120 Calories	0 g Fat	\$1.79
Veggie Lo Mein	190 Calories	10 g Fat	\$1.79
Roasted Mushrooms	90 Calories	9 g Fat	\$1.79
Squash & Kale Stir Fry	40 Calories	0 g Fat	\$1.79
Vegetarian Chili	110 Calories	1 g Fat	\$3.09
Chicken Double Noodle Soup	100 Calories	3 g Fat	\$2.99
Lunch Grill Special – Carne Asada Torta			\$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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