







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

January 13 - 19

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

Day	Icon	Item	Calories	Fat	Price	
Monday		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 – Clubhouse Sandwich			\$6.59	
		Lunch Expo – Capital Subs			\$12.99	
		Monday Summary				
		Total: \$12.99				
Tuesday		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 **Eat Well	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 – Clubhouse Sandwich			\$6.59	
		Lunch Expo – Tiffin's India Café Cuisine			\$11.95	
		Tuesday Summary				
		Total: \$11.95				
Wednesday		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 **Eat Well	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 – Clubhouse Sandwich			\$6.59	
		Lunch Expo – Capital Tacos & Burritos			\$12.99	
		Wednesday Summary				
		Total: \$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 – Clubhouse Sandwich			\$6.59
Lunch Expo – Chashu Pulled Pork Bowl or Mushroom Miso Bowl			\$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 – Clubhouse Sandwich			\$6.59
Lunch Expo – Tiffin's India Café Cuisine			\$11.95



Saturday & Sunday



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

Weekend Hours:

Breakfast 6:30am – 10:00am

Lunch 11:30am – 200pm

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