

# **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

| March 3 - 9 |       | **Menu Item Meets the Eat Well<br>Health and Wellness Criteria  |   |   |  |
|-------------|-------|---|---|---|--|
| Monday      | HOME  | BBQ Beef Brisket Thai Basil Chicken Mashed Red Skin Potatoes Basmati Rice Hearty Baked Beans Garlic Roasted Broccoli Beef Chili Barley Vegetable Soup Lunch Grill Special – Buffalo Chicken Sandwich Expo – | 340 Calories<br>460 Calories<br>130 Calories<br>130 Calories<br>45 Calories<br>50 Calories<br>258 Calories<br>80 Calories | 16 g Fat<br>9 g Fat<br>5 g Fat<br>0 g Fat<br>0 g Fat<br>4 g Fat<br>9 g Fat<br>4 g Fat | \$5.19<br>\$5.19<br>\$1.79<br>\$1.79<br>\$1.79<br>\$1.79<br>\$3.09<br>\$2.99<br>\$6.59<br>\$9.28 |
| Tuesday     | HOME  | Spaghetti with Bolognaise Sauce<br>Turkey Pot Pie<br>Herbed Rice<br>Garlic Bread  | 130 Calories  | 5 g Fat   | \$5.19<br>\$5.19<br>\$1.79<br>\$1.79   |
|             |       | Spaghetti<br>Roasted Mushrooms<br>Roasted Autumn Vegetables<br>Beer Cheese Soup   | 35 Calories   | 1 g Fat   | \$1.79<br>\$1.79<br>\$1.79<br>\$2.99   |
|             | SUTLE | Chicken Double Noodle Soup<br>Lunch Grill Special – Buffalo Chicken<br>Sandwich<br>Lunch Expo – Tiffin's India Café Cuisine   | 100 Calories  | 3 g Fat   | \$2.99<br>\$6.59<br>\$11.95  |
| Wednesday   | HOME  | Honey Fried Chicken with Boom Boom<br>Sauce   | 720 Calories  | 42 g Fat  | \$5.19   |
|             | , (è  | Baja Fish Tacos Cheddar Chive Mashed Potatoes Mexi-Rice Roasted Corn Roasted Root Vegetables Beef Chili Barley Vegetable Soup   | 130 Calories<br>110 Calories<br>53 Calories<br>258 Calories<br>80 Calories  | 0 g Fat<br>2 g Fat<br>0 g Fat<br>9 g Fat<br>4 g Fat                                   | \$5.19<br>\$1.79<br>\$1.79<br>\$1.79<br>\$1.79<br>\$3.09<br>\$2.99                               |
|             | STALE | Lunch Grill Special – Buffalo Chicken<br>Sandwich<br>Lunch Expo –   |   | Ü   | \$6.59<br>\$12.9   |

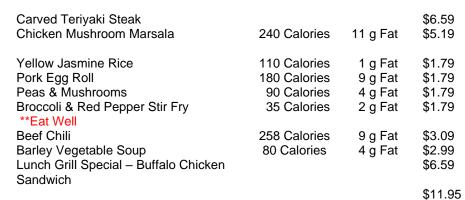
## Thursday



| 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               | 140 Calories | 5 g Fat  | \$2.99 |
| Sweet Tomato Soup                      | 94 Calories  | 4 g Fat  | \$2.99 |
| Lunch Grill Special – Buffalo Chicken  |              |          | \$6.59 |
| Sandwich                               |              |          | \$7.89 |
| Lunch Expo – Strawberry Chicken Grain  |              |          |        |
| Bowl                                   |              |          |        |

#### Friday





SIZZLE

Lunch Expo - Tiffin's India Café Cuisine

## 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