

# 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

November 18 –  
 November 24

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

Day	Category	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
	SIZZLE	Beef Chili	258	9 g	\$3.09
		Barley Vegetable Soup	80	4 g	\$2.99
		Lunch Grill Special – Chicken Caesar 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
	SIZZLE	Roasted Autumn Vegetables			\$1.79
		Beer Cheese Soup			\$2.99
		Chicken Double Noodle Soup	100	3 g	\$2.99
		Lunch Grill Special – Chicken Caesar 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
	SIZZLE	Beef Chili	258	9 g	\$3.09
		Barley Vegetable Soup	80	4 g	\$2.99
		Lunch Grill Special – Chicken Caesar Wrap			\$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 – Chicken Caesar Wrap	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
<b>**Eat Well</b>				
Beef Chili	258 Calories	9 g Fat		\$3.09
Barley Vegetable Soup	80 Calories	4 g Fat		\$2.99
Lunch Grill Special – Chicken Caesar Wrap				\$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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