

# 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

May 6 – May 12

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

Day	Category	Item	Calories	Fat	Price		
Monday	HOME	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		
	SIZZLE	Chicken Double Noodle Soup	100	3 g	\$2.99		
		Vegetarian Chili	110	1 g	\$3.09		
		Lunch Grill Special – Philly Cheesesteak Sandwich			\$6.59		
		Lunch Expo – Capital Tacos Quesadillas			\$9.29		
		Tuesday	HOME	Firecracker Hunan Chicken	350	10 g	\$5.19
				Baja Shrimp Tacos	350	7 g	\$5.19
White Rice	120			0 g	\$1.79		
Sesame Garlic Ramen Noodles					\$1.79		
California Blend Vegetables <b>**Eat Well</b>	20			0 g	\$1.79		
Sweet Potato & Roasted Root Vegetables	53			0 g	\$1.79		
SIZZLE	Tomato Basil Soup		280	9 g	\$2.99		
	Chilled Cantaloupe Soup				\$2.99		
	Lunch Grill Special – Philly Cheesesteak Sandwich				\$6.59		
	Lunch Expo – Tiffin's India Café Cuisine				\$11.95		
	Wednesday		HOME	Meat Lasagna	330	14 g	\$5.19
				Crispy Cod Fillets	220	14 g	\$5.19
Garlic Bread					\$1.79		
Old Bay Potato Wedges					\$1.79		
Steamed Broccoli <b>**Eat Well</b>		20		0 g	\$1.79		
Grilled Zucchini Squash		60		5 g	\$1.79		
SIZZLE		Vegetarian Chili	110	1 g	\$3.09		
		Chicken Double Noodle Soup	100	3 g	\$2.99		
		Lunch Grill Special – Philly Cheesesteak Sandwich			\$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
Sweet Chili Vegetable Lo Mein	140 Calories	3 g Fat	\$1.79
Spanish Rice			\$1.79
Germany Blend Vegetables	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
Chilled Cantaloupe Soup			\$2.99
Lunch Grill Special – Philly Cheesesteak Sandwich			\$6.59
Lunch Expo – Strawberry Chicken Grain Bowl			\$7.89



**Friday**



Mongolian Beef			\$5.19
Honey Lemon BBQ Rotisserie Chicken	580 Calories	24 g Fat	\$5.19
White Rice	120 Calories	0 g Fat	\$1.79
Potatoes Au Gratin	190 Calories	10 g Fat	\$1.79
Roasted Mushrooms	90 Calories	9 g Fat	\$1.79
Baby Carrots	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 – Philly Cheesesteak 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

1