

# 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

April 22 – April 28

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

Day	Icon	Item	Calories	Fat	Price
<b>Monday</b>		Yankee Pot Roast	260	14 g	\$5.19
		Thai Basil Chicken			\$5.19
		Grilled Red Potatoes	180	5 g	\$1.79
		Basmati Rice	130	0 g	\$1.79
		Baby Carrots	35	2 g	\$1.79
		Garlic Roasted Broccoli	40	3 g	\$1.79
		Beef Chili	258	9 g	\$3.09
		Lunch Grill Special –Crispy Ranch			\$6.59
		Chicken Sandwich			
		Expo – Flat Top Subs			\$10.99
<b>Tuesday</b>		Tortellini Rose	240	9 g	\$5.19
		Honey Fried Chicken with Boom Boom Sauce –			\$5.19
		Savory Rice Pilaf	80	3 g	\$1.79
		Roasted Sweet Potatoes	100	2 g	\$1.79
		Roasted Brussels Sprouts with Garlic	35	1 g	\$1.79
		California Blend Vegetables <b>**Eat Well</b>	20	0 g	\$1.79
		Beer Cheese Soup			\$2.99
		Lunch Grill Special – Crispy Ranch			\$6.59
		Chicken Sandwich			
		Lunch Expo – Tiffin's India Café Cuisine			\$11.95
<b>Wednesday</b>		Chicken Parmesan	490	35 g	\$5.19
		Baja Fish Tacos			\$5.19
		Scalloped Potatoes			\$1.79
		Cavatappi	90	0 g	\$1.79
		Fire Roasted Corn	110	2 g	\$1.79
		Sweet Potato & Roasted Root Vegetables	53	0 g	\$1.79
		Beef Chili	258	9 g	\$3.09
		Lunch Grill Special – Crispy Ranch			\$6.59
		Chicken Sandwich			
		Lunch Expo – Capital Tacos			\$12.9
<b>Thursday</b>		Korean BBQ Pork	210	8 g	\$5.19
		Chicken Fajitas	580	27 g	\$5.19
		Roasted Garlic Rice	130	2 g	\$1.79
		Refried Beans	140	3 g	\$1.79
		Green Chili Calabacitas	50	2 g	\$1.79
		Sautéed Green Beans & Cherry Tomatoes	35	2 g	\$1.79
		Chicken & Dumplings Soup	140	5 g	\$2.99
		Lunch Grill Special – Crispy Ranch			\$6.59
		Chicken Sandwich			
		Lunch Expo – Greek Gyro Bowl			\$7.89

**Friday**



Carved Teriyaki Steak				\$6.59
Baked Sweet Chili Salmon	240 Calories	9 g Fat		\$6.19
Kimchi Fried Rice	100 Calories	3 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
Lunch Grill Special – Crispy Ranch				\$6.59
Chicken Sandwich				
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