

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

Sept 25 - Oct 1

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

Monday		Country Style Meatloaf	280 Calories	13 g Fat	\$5.19
		Thai Basil Chicken			\$5.19
		Homestyle Mashed Potatoes	150 Calories	7 g Fat	\$1.79
		Basmati Rice	130 Calories	0 g Fat	\$1.79
		Green Beans & Carrots	45 Calories	2 g Fat	\$1.79
		Garlic Roasted Broccoli	40 Calories	3 g Fat	\$1.79
		Beef Chili	258 Calories	9 g Fat	\$3.09
		Lunch Grill Special - Chicken Tinga			\$6.59
		Torta			
		Lunch Expo - Made to Order Panini			\$7.89
Tuesday		Pork Soft Tacos	480 Calories	25 g Fat	\$5.19
		Chicken with Piccata Sauce	190 Calories	8 g Fat	\$5.19
		Wild Mushroom Risotto			\$1.79
		Roasted Sweet Potatoes	100 Calories	2 g Fat	\$1.79
		Fire Roasted Corn	110 Calories	2 g Fat	\$1.79
		California Blend Vegetables **Eat Well	20 Calories	0 g Fat	\$1.79
		Beer Cheese Soup			\$2.99
		Lunch Grill Special - Chicken Tinga			\$6.59
		Torta			
		Lunch Expo - Tiffin's India Café Cuisine			\$11.95
Wednesday		Chicken Parmesan	490 Calories	35 g Fat	\$5.19
		Cod Vera Cruz			\$5.19
		Mashed Yukon Gold Potatoes	120 Calories	3 g Fat	\$1.79
		Cavatappi	90 Calories	0 g Fat	\$1.79
		Ancho Brussels Sprouts	100 Calories	7 g Fat	\$1.79
		Sweet Potato & Roasted Root Vegetables	53 Calories	0 g Fat	\$1.79
		Beef Chili	258 Calories	9 g Fat	\$3.09
		Lunch Grill Special - Chicken Tinga			\$6.59
		Torta			
		Lunch Expo - Greek Gyro Bowl			\$7.89
Thursday		BBQ Pulled Pork	250 Calories	11 g Fat	\$5.19
		Chicken Fajitas	580 Calories	27 g Fat	\$5.19
		Roasted Garlic Rice	130 Calories	2 g Fat	\$1.79
		Refried Beans	140 Calories	3 g Fat	\$1.79
		Seasoned Corn **Eat Well	100 Calories	4 g Fat	\$1.79
		Sautéed Green Beans & Cherry Tomatoes	35 Calories	2 g Fat	\$1.79
		Chicken & Dumplings Soup	140 Calories	5 g Fat	\$2.99
		Lunch Grill Special - Chicken Tinga			\$6.59

Torta	\$7.89
Lunch Expo - Arrabiata Cheese Ravioli	

Friday



Carved Teriyaki Steak	\$6.59
Grilled Salmon with Peach Salsa	\$6.19

Vegetable Fried Rice	130 Calories	5 g Fat	\$1.79
Pork Egg Roll	180 Calories	9 g Fat	\$1.79
Roasted Asparagus	45 Calories	4 g Fat	\$1.79
Broccoli & Red Pepper Stir Fry	35 Calories	2 g Fat	\$1.79

****Eat Well**



Beef Chili	258 Calories	9 g Fat	\$3.09
Lunch Grill Special – Chicken Tinga			\$6.59
Torta			
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