

October 16th-22nd

Breakfast 7AM-9:30AM

Lunch 11AM-1:30PM

Dinner 4:30PM-6:30PM Made To Order Grill Items Sat/Sun

Open Monday-Sunday

Grab and Go Options

Available 24 Hours a day



COURT YARD CAFÉ

Tasty Breakfast Items & Fruit Bar Served 7AM-9:30AM Daily ☐

Approx..

Moderate

Monday			Calories	Activity	Hours	Price
HOME:	GREEN APPLE=Better Choices Under 350 cal					
	Teriyaki Pineapple Chicken		235 Cal	Walking	7/9	2.75
	Shepherd's Pie		375 Cal		1 1/4	2.25
VEGGIE:	Green Bean Casserole, Mixed Vegetables, Asparagus					0.75
SIMMER:	Broccoli & Cheese		220 Cal		3/4	1.75/2.50

Tuesday

HOME:	Chicken Parmesan Sandwich with Mozzarella		400 Cal		1 1/3	2.99
	Maryland Style Crab Cake		280 Cal		1	2.50
VEGGIE:	Italian Cauliflower, Roasted Edamame & Herbed Garlic Root Vegetables					0.75
SPECIALTY	Popcorn Bar					1.00
SIMMER:	Pumpkin with Roasted Apple & Bacon		320 Cal		1	1.75/2.50

Wednesday

HOME:	Build Your Own Taco Salad		Varies			3.75
	Seasoned Pork Carnitas or Fajita Chicken					
VEGGIE:	Fiesta Black Bean, Cilantro Rice, Corn Salad, Guac & Roasted Peppers					0.75
SPECIALTY:	Popcorn Bar					1.00
SIMMER:	Homemade Ham & Bean with Cornbread					1.75/2.50

Thursday

HOME:	Homestyle Beef & Noodles		440 Cal		1 1/2	2.99
	Grilled Tuna Melt		560 Cal		1 8/9	2.75
VEGGIE:	Butternut Squash, Cheesy Mashed Potatoes & Zucchini					
SPECIALTY:	Popcorn Bar					1.00
SIMMER:	Tomato Tortellini		180 Cal		3/5	1.75/2.50

Friday

HOME:	Solo Taco-3.25 or Pepperoni Pizza 2.99		Varies			
VEGGIE:	Parmesan Mushrooms, Fresh Fruit & 10 oz., Caesar Side Salad					0.75
SIMMER:	Beef Veggie		90 Cal		2/7	1.75/2.50

Saturday

HOME:	Grilled BBQ Smoked Sausage					2.25
VEGGIE:	Onion Rings & Broccoli/Mushrooms & Onions					0.75
SIMMER:	Chef's Choice					1.75/2.50

Sunday

HOME:	Fish Sandwich with Tartar					2.25
VEGGIE:	Grilled Vegetables & Mac and Cheese (2.25 Whole 1.50 Half)					0.75
SIMMER:	Chef's Choice					1.75/2.50

FOOD SERVICE DIRECTOR

ANDREA STIEGLITZ

260-920-2537

Menu subject to change