

COURTYARD CAFÉ

Mon – Fri  
7:30am – 3pm

Breakfast: 7:30 - 10:30  
Lunch: 11:15 - 2:00  
Snacks: 7:30 - 3:00

WEEK of  
Sept 07th

Superfood  
Apples

R/A

|            | MONDAY                                          | TUESDAY                                                                                                                                                                              | WEDNESDAY                                                                                                                                                                                         | THURSDAY                                                                                                                                                | FRIDAY                                                                                                                                                    |
|------------|-------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|
| SANDWICH   | Closed                                          | Scrambled Eggs, Ham, Queso Fresco, Avocado, Pico de Gallo, Black Bean Spread on Wrap<br><br>Egg White, Yellow Cheddar on Brioche                                                     | Egg, Bacon, American Cheese on Croissant<br><br>Egg White, Pepper Jack Cheese, Kale, Tomato, Onion on Brioche                                                                                     | Egg, Ham, Swiss Cheese on Brioche Bun<br><br>Egg White, Yellow Cheddar On Croissant                                                                     | Egg, Cheddar Cheese, Turkey Sausage (Patty) on a English Muffin<br><br>Egg White Scrambled, American Cheese, Peppers, Spinach, Plant Base Chorizo on Wrap |
| HOT BUFFET |                                                 | Fried Eggs<br>Sweet Potato Tots<br>Corned Beef Hash<br>Turkey Bacon<br>Sautéed Green Beans, Cherry Tomatoes, Onions                                                                  | Shakshuka: Eggs, Tomato & Feta<br>Potato Hash<br>Turkey Sausage<br>Pork Sausage<br>Sautéed Kale, Peppers, Onion                                                                                   | Egg Vegetable and Parmesan Frittata<br><br>Smashed Red Potatoes, Herb Butter<br>Chicken Apple Sausage<br>Bacon<br>Roasted Brussels<br>Sprouts, Shallots | Scrambled Eggs<br>Hash Brown Patties<br>Turkey Bacon<br>Kielbasa<br>Sautéed Vegetable Medley                                                              |
| OATMEAL    | Oatmeal Toppings: Raisins, Almonds, Brown Sugar |                                                                                                                                                                                      |                                                                                                                                                                                                   |                                                                                                                                                         |                                                                                                                                                           |
| LADLE      |                                                 | Broccoli Cheese<br>Three Sisters Bean                                                                                                                                                | Potato Baked Stuffed<br>Curried Rice Lentil                                                                                                                                                       | Beef Vegetables Barley<br>Santa Fe Tortilla                                                                                                             | Clam's Chowder<br>Vegetarian Minestrone                                                                                                                   |
| EXPLORE    | Closed                                          | Chicken Picatta, Lemon Capers & Parsley<br>Beef Meatballs with Tomato Basil & Garlic<br>V Roasted Fennel & Parmesan Risotto<br>V Herb Roasted Cauliflower, Broccoli & Grape Tomatoes | Thai Chicken, Lemongrass & Kafir Lime<br>Seafood, Coconut Green Thai Curry<br>V Vegetable & Jasmine Fried Rice, Peas, Peppers, Corn, Carrot, Scallions<br>V Carrot, Snow Peas, Baby Corn, Peppers | Lemon Pepper Rotisserie Chicken<br><br>BBQ Roast Pork<br>V Potato Wedges, Garlic, Parsley<br>V Medley of Roasted Vegetables                             | Trout with Dill Caper Beurre Blanc<br>Rosemary Roasted Chicken, Apple Fennel & Au Ju<br>V Roasted Sweet Potato Wedges<br>V Garlic Tarragon Green Beans    |
| ACTION     | Comfort Food Station                            |                                                                                                                                                                                      |                                                                                                                                                                                                   |                                                                                                                                                         |                                                                                                                                                           |
| GRAB & GO  | Sandwiches & Salads                             |                                                                                                                                                                                      |                                                                                                                                                                                                   |                                                                                                                                                         |                                                                                                                                                           |