

# COURTYARD CAFÉ

Week of September 16<sup>th</sup>

**Mon – Fri**  
**7:30am - 3pm**

Breakfast: 7:30 - 10:30

Lunch: 11:15 - 2:00

Snacks: 7:30 - 3:00

LUNCH

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	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Chicken Orzo V Tomato Basil Bisque	Broccoli & Cheese V Vegetable Minestrone	Corn Chowder V Vegetable 3 Bean Chili	Beef Vegetable Barley V Mushroom Bisque	Clam Chowder V Garden Vegetable
Kitchen Table	Piri Piri Rotisserie Chicken  Pinto Bean Stew, Linguica, Bacon, Tomato, Pepper  V Mashed Potatoes, Garlic, Cheddar & Chives  V Roasted Green Beans with Garlic	Coconut Curry Roasted Pork  Beef & Broccoli Stir Fry  V Scallion Jasmine Rice  V Steamed Bok Choy	Roasted Chicken Florentine  V Wild Mushroom Ravioli, Spinach, Parmesan Cream  V Roasted Fennel & Parmesan Risotto  V Balsamic Roasted Vegetables	Montreal Rub Pork Ribs, BBQ Sauce  Roasted Chicken Thigh with Honey Garlic Sauce  V Herb Roasted Potato Wedges  V Braised Collard Greens, Tomato	Roasted Hake, Tomato Apple & Fennel Fondue  V Smoked Tofu & Bean Cassoulet  V Barley & Brown Rice Pilaf  V Garlic Broccoli
Action	<div>Bibimbap</div> <div>Choice of Protein: Ginger Sesame Tofu, Soy Ginger Chicken, Teriyaki Pork Belly</div> <div>Choice of Toppings: Jasmine Rice, Brown Rice, Fried Egg, Shredded Carrots, Bok Choy, Kimchi, Sautéed Mushrooms, Pickled Cucumber, Pickled Daikon &amp; Carrot</div> <div>Choice of Condiments: Sesame Seeds, Scallion, Chopped Peanuts, Sesame Oil, Sriracha, Chile Oil, Pickled Ginger, Bibimbap Sauce</div>			<div>Coastal</div> <div>Crispy Fish Taco, Grilled Avocado, Mango, Red Onion, Cilantro Crema</div> <div>Crabcake Sandwich, Old Bayonnaise, Frisee Slaw, Parkerhouse Roll</div> <div>Blackened Shrimp, Papaya Wrap, Ranch Dressing</div> <div>Sides:</div> <div>Island Spiced Sweet Potatoes, Roasted Red Pepper Aioli</div> <div>V Braised Collard Greens</div>	
Rustico	<div>DELI SIDES</div> <div>V Sweet Potato, Apple, Cranberry, Spinach Salad</div> <div>Kale Caesar</div> <div>V Vegetables Sandwich: Turmeric &amp; Cumin Roasted Vegetables, Harissa Aioli, Goat Cheese, Cilantro, Ciabatta</div> <div>V BBQ Chicken: BBQ Chicken, Vegetables Apple Slaw, Wheat Wrap</div>				



HMS\_EATS

**Follow us on IG** and get the latest news, view the menu, upcoming event, wellness education and more.

Menus are subject to change due to seasonality and availability.

Before placing your order, please inform your server if a person in your party has a food allergy.

Better-For-You Option  
 Vegetarian  
 Vegan