

December 17-23

Breakfast 7AM-9:30AM
Lunch 11AM-1:30PM -2:30-4:30PM Soup/Salad
Dinner 4:30PM-6:30PM

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		GREEN APPLE=Better Choices Under 350 cal	Calories	Activity	Hours	Price
HOME:		Stuffed Broccoli & Cheddar Chicken	160 Cal	Walking	1 1/2	2.99
		Crusted Cod with Lemon Butter	380 Cal		1 1/3	2.75
VEGGIE:		Parma Brussels w/Bacon, Tri Colored Potatoes & Garlic Carrots				0.75
SIMMER:						1.00
		Chicken & Wild Rice	329 Cal		1 1/9	1.75/2.50
Tuesday						
HOME:		Chicken Parmesan Sandwich with Mozzarella	540 Cal		1 4/5	2.99
		Crab Cakes	263 Cal		1	2.99
VEGGIE:		Italian Pasta Salad, Green Beans, Fresh Fruit				
SPECIALTY						
SIMMER:		Beef Stuffed Pepper	120 Cal		3/8	1.75/2.50
Wednesday						
HOME:		Chicken Cordon Bleu	350 Cal		1 1/5	2.99
		Beef Cabbage Roll	240 Cal		4/5	2.50
VEGGIE:		Mixed Vegetable Blend, Tri-Color Potatoes & Pea's with Mushrooms				0.75
SPECIALTY:						0.75
SIMMER:		Tomato Tortellini	180 Cal		2/5	1.75/2.50
Thursday						
HOME:		Holiday All Staff Meal				
		Prime Rib or Ham Steak				3.50/2.25
VEGGIE:		Side Salad w/Choice of Dressing and Dinner Roll				0.75
SPECIALTY:		Mashed Potatoes with Gravy				0.75
SIMMER:		Vegetable Medely				0.75
		Red Velvet Cake				
Friday		Thank you to all working Staff! Visitor's Meals				6.25/5.00
HOME:		Salsa Fresca Chicken	280 Cal		8/9	2.99
		Smoked Sausage w/ Scalloped Potatoes	250 Cal		1/2	2.25
VEGGIE:		Italian Cauliflower, Mixed Vegetables, Scalloped Potatoes				0.75
SIMMER:		Tomato Tortellini	180 Cal		3/5	1.75/2.50
Saturday						
HOME:		Chicken Nachos	Varies			3.75
VEGGIE:		Refried Beans, Cheese Sauce, Steamed Veg				0.75
SIMMER:		Chef's Choice				1.75/2.50
Sunday						
HOME:		Stuffed Chicken Breast	160 Cal		1/2	2.99
VEGGIE:		Grilled Vegetables & Roasted Potatoes				0.75
SIMMER:		Chef's Choice				1.75/2.50

FOOD SERVICE DIRECTOR
PETER JOVEVSKI
260-920-2537

Menu subject to change