



Northwestern Medical Center's Courtyard Café Menu

Week of October 26-30, 2015

	<u>Soup</u>	<u>Entrée #1</u>	<u>Entrée #2</u>	<u>Starch</u>	<u>Vegetable</u>
<u>Monday</u>	Parmesan Corn Chowder (230 cal)	Grilled Chicken Gyro Healthy U (255 cal)	Pot Roast with Gravy Healthy U (325 cal)	Steamed Herb Potatoes	Fresh Veggies
<u>Tuesday</u>	Pesto Chicken & Wild Rice (160 cal)	Parmesan Herb Crusted Cod Healthy U (264 cal)	Crispy Chicken Sliders (682 cal)	Maple Glazed Carrots	Fresh Veggies
<u>Wednesday</u>	Buffalo Chicken (210 cal)	Roast Pork Tenderloin with Caramelized Onions and Apples Healthy U (255 cal)	Turkey Burgers (595 cal)	Baked Sweet Potatoes	Fresh Veggies
<u>Thursday</u>	Chipotle Sweet Potato (170 cal)	Fish Tacos Healthy U (518 cal)	Steak Fajitas (609 cal)	Spanish Rice	Fresh Veggies
FRIDAY HAPPY HALLOWEEN!	GHASTLY ITALIAN WEDDING (160 CAL)	CAULDRON BLACK FLY AND ORANGE SALMON HEALTHY U (382 CAL)	ROAST FOUL TURKEY WITH SLUDGE HEALTHY U (305 CAL)	KEEP THE VAMPIRES AT BAY GARLIC MASHED	ROTTING VEGGIES

Menu subject to change

Healthy U Entrees are always under 500 calories- Calorie counts are approximate and may vary slightly due to preparation methods