



April 2024

GO GREEN

APPLE CART CAFE

REVISED

MONDAY



Salad:

The Apple Cart

Soup:

Mushroom

Entrée:

Cheese or Chicken Enchiladas (2)
Served with Refried Beans,
Spanish Rice and Red Salsa

TUESDAY

Salad:

Chipotle Chicken

Soup:

Red Lentil

Entrée:

Apple Cart Beef Sliders (2)
Melted Cheese, Shredded
Lettuce, Grilled Onions and
Mushrooms. Served with
Seasoned Potato Wedges

WEDNESDAY

Salad:

Italian Pasta

Soup:

Albondiga

Entrée:

Caprese Chicken Topped with
Mozzarella Cheese, Tomato,
Fresh Basil and Balsamic Glaze
Served with Rice Pilaf and
Steamed Vegetables

THURSDAY

Salad:

Chinese Chicken

Soup:

Pasta Fagioli

Entrée:

Tuscan Chicken with Rotini Pasta
Chicken Breast, Cherry Tomatoes,
Spinach, Heavy Cream
Served with Cheese Breadstick

FRIDAY

Soup:

Tortilla Soup



Entrée:

Apple, Cheese & Fig Jam Panini
Assorted Sandwiches made
with Boar's Head Meats,
Salads & Soups

Salad:

Cobb

Soup:

Beef Barley

Entrée:

Chicken Fajitas with Flour Tortilla
Sauteed Bell Peppers and Onions
Side of Spanish Rice
and Refried Beans

Salad:

BBQ Chicken

Soup:

Wasatch Mountain Chili

Entrée:

Spaghetti w/ Meat or
Marinara Sauce w/ Small
Green Salad & Garlic Bread

Salad:

Southwest

Soup:

Italian Minestrone

Entrée:

Bone-in Chicken Wings (6 pcs)
BBQ or Buffalo Sauce, Potato
Salad, Celery & Carrot Sticks
with Ranch Dressing
and Mini Carrot Cake

Soup:

Tortilla Soup



Entrée: \$8.50

Chicken Pho
Served with Fresh Herbs, Bok
Choy, Sliced Jalapeños, Hoisin
Sauce & Sriracha Chili Sauce

Soup:

Tortilla Soup



Entrée:

Apple, Cheese & Fig Jam Panini
Assorted Sandwiches made
with Boar's Head Meats,
Salads & Soups

Served Daily

Sandwiches: Tuna Salad, Egg Salad, Veggie,
Turkey & Cheese, Grilled Cheese, Turkey Wrap

Salads: Chef Salad, Classic Spinach, Signature Green, Taco Salad

Soup: Tortilla Soup



Parfait: Vanilla Yami Yogurt (Lactose Free)
with Berries & Granola - **\$6.25**



BRING YOUR
Own
bowl or plate
SCAN THE QR CODE
FOR MORE INFO



Salad:**15**

Cranberry Chicken
Salad on Ciabatta Bread

Soup:

Toscana Soup

Entrée:

Homemade Chicken &
Rice Burrito
Pico de Gallo, Spanish Rice,
Refried Beans & Tortilla Chips

Salad:**16**

Spring Mix with Quinoa

Soup:

Golden Squash

Entrée:

Chicken Parmesan with
Herbed Noodles, Side Salad
and a Bite Size Brownie

**Salad:****17**

Santa Fe

Soup:

Navy Bean

Entrée:

Bacon Western Cheeseburger
on a Bun or Protein Style
with Onion Rings, Slice of Bacon
Bag of Chips and BBQ Sauce

Salad:**18**

Classic Mexican Summer Salad

Soup:

Chicken Chipotle

Entrée: - \$8.50

Turkey Dinner
Roasted Turkey, Stuffing,
Mashed Potatoes, Gravy
and Veggies

Soup:**19**

Tortilla Soup

**Entrée:**

Apple, Cheese & Fig Jam Panini
Assorted Sandwiches made
with Boar's Head Meats,
Salads & Soups

Salad:**22**

The Apple Cart

Soup:

French Onion

Entrée:

General Tso Chicken
Served with Brown Rice
and Steamed Veggies
& a Fortune Cookie

**Salad:****23**

Chicken Waldorf

Soup:

Chicken with Rice

Entrée:

Meatloaf
Served with Mashed Potatoes
and Gravy and Vegetables

Salad:**24**

Arugula, Dried Cranberry,
Grape Salad with Feta Cheese

Soup:

Basil Tortellini

Entrée:

Baked Potato w/ Choice of:
Broccoli/Carrots & Cheddar
Cheese Sauce or Chili with
Beans & Green Onions

Salad:**25**

Chinese Chicken

Soup:

Chicken Noodle

Entrée:

Teriyaki Chicken
with Garlic Noodles, Green
Onions and Veggies

Soup:**26**

Tortilla Soup

**Entrée:**

Apple, Cheese & Fig Jam Panini
Assorted Sandwiches made
with Boar's Head Deli Meats
Salads & Soup

Salad:**29**

BBQ Chicken

Soup:

Albondigas

Entrée:

Chicken Fillet Sandwich or
Protein Style with Tomato Slices,
Lettuce, Red Onion, Served with
Seasoned Potato Wedges

Salad:**30**

Couscous Bowls

Soup:

Chicken and Garbanzo **GF**

Entrée:

Taco Tuesday - Two Tacos
Soft or Crunchy Taco Shells
Served with Black Beans and
Spanish Rice

Café Pricing:

Soup bowl: \$5.50 Soup Cup: \$4.00

Whole Sandwich: \$5.00

Regular Salad: \$6.50 Petite Salad: \$5.50

Soda, Water or Iced Tea: \$1.00

Chips: \$1.00 Cookies (pack of 2): \$1.00

**All entrees are
\$7.00 unless
indicated.**

**Iced Tea Included with
Purchase of an Entrée**



Did you know that
you can add money
to your account via
cash or check?

This institution is an equal opportunity provider. Menu is subject to change depending on product availability.