



# April 2024

## GO GREEN

# APPLE CART CAFE

### 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:**

Chicken 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**

Chinese Chicken Salad

**Soup:**

Italian Minestrone

**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**

Santa Fe

**Soup:**

Golden Squash Soup

**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:**

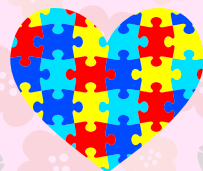
**Taco Tuesday - Two Tacos**  
Soft or Crunchy Taco Shells  
Served with Black Beans and  
Spanish Rice

**Café Pricing:**

**Soup bowl: \$5.50    Soup Cup: \$4.00**  
**Whole Sandwich: \$5.00    1/2 Sandwich: \$3.50**  
**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.