



August 2022

APPLE CART CAFÉ DAILY MENU



Menu Subject to Change

SERVED DAILY		
<p>Tuna Salad Sandwich on Buttermilk Bread Egg Salad Sandwich on Buttermilk Bread Veggie Sandwich on Multi-Grain Bread Turkey & Cheddar Sandwich on Whole Wheat Grilled Cheese & Panini Sandwiches Assorted Turkey Wraps</p>	<p>Vanilla Yogurt topped with Assorted Berries and Granola</p>	<p>PETITE OR REGULAR Chef Salad Classic Spinach Salad Signature Green Salad Taco Salad Choice of Dinner Roll or Muffin and Ranch, Italian or Balsamic Vinegar</p>

SPECIALS OF THE DAY

Monday 15-Aug-2022	Tortilla Soup or "New" Tomato with Lentil Soup	<p style="text-align: center;">The Apple Cart Salad</p> <p>Romaine, Diced Chicken, Celery, Mandarin Oranges, Diced Apples, Dried Cranberries, Feta Cheese, Red Onion Rings, Topped with Bleu Cheese Served with a Muffin or Dinner Roll</p>	<p style="text-align: center;">General Tso Chicken</p> <p>Served with Fried Rice and Steamed Vegetables </p>
Tuesday 16-Aug-2022	Tortilla Soup or Clam Chowder	<p style="text-align: center;">Cobb Salad</p> <p>Mixed Greens, Black Olives, Shredded Cheddar Cheese, Chopped Chicken, Chopped Tomatoes & Hard Cooked Egg Served with Choice of Dinner Roll or Muffin</p>	<p style="text-align: center;">Cheese Enchiladas (2)</p> <p>Corn Tortillas Filled with Cheese Covered In a Mild Red Sauce Topped with Melted Cheddar Cheese Served with Refried Beans & Spanish Rice Tortilla Chips & Salsa </p>
Wednesday 17-Aug-2022	Tortilla Soup or French Onion	<p style="text-align: center;">Asian Chicken Slaw</p> <p>Shredded Chicken Mixed with Celery, Sugar Peas, Red Bell Pepper, Onion, Slaw Mix & Water Chestnuts with Vinaigrette Dressing Mixed with Soy Sauce, Toasted Almonds & Sesame Seeds Served On A Bed Of Curly Lettuce</p>	<p style="text-align: center;">Baked Potato</p> <p>Topped with your Choice: Steamed Broccoli & Green Onions, Chili with Beans, or Cheddar Cheese Sauce</p>
Thursday 18-Aug-2022	Tortilla Soup or "New" Chicken and Rice Soup	<p style="text-align: center;">BBQ Chicken Salad</p> <p>Chopped Lettuce, Chicken, Corn, Black Beans, Red Onions, Tomatoes, Jicama, Cheddar Cheese Topped with Tortilla Strips & BBQ Ranch Dressing Served with a Cheese Bread Stick</p>	<p style="text-align: center;">Caprese Chicken "New"</p> <p>Grilled Chicken Breast Topped with Mozzarella Cheese, (2) Slices of Tomato, Chopped Fresh Basil Leaves and a Drizzle of Balsamic Glaze Served with Rice Pilaf </p>
Friday 19-Aug-2022	Tortilla Soup		<p style="text-align: center;">Assorted Sandwiches, Salads & Soup</p>
Monday 22-Aug-2022	Tortilla Soup or Italian Minestrone Soup	<p style="text-align: center;">Spring Mix with Quinoa Salad "New"</p> <p>Spring Mix, Roasted Sweet Potatoes, Maple Syrup, Cayenne Pepper, Quinoa, Apple Slices and Walnuts Served with Wine Vinegar Dressing</p>	<p style="text-align: center;">Spaghetti With Meat Sauce or Marinara Sauce</p> <p>Served with Small Green Salad & Garlic Cheese Toast </p>
Tuesday 23-Aug-2022	Tortilla Soup or "New" Chicken Chipotle	<p style="text-align: center;">Chipotle Chicken Salad</p> <p>Romaine Lettuce, Diced Chicken, Bell Pepper, Green Onions, Celery, Cilantro Served with Creamy Chipotle Dressing & Tortilla Straws</p>	<p style="text-align: center;">Taco Tuesday! Chicken Street Tacos (2)</p> <p>Filled with Seasoned Chicken, Cilantro & diced Onions Served with Black Beans, Mexican Rice, Tortilla Chips & Salsa</p>
Wednesday 24-Aug-2022	Tortilla Soup or Toscana Soup	<p style="text-align: center;">Arugula, Dried Cranberry, Grape Salad with Feta Cheese "New"</p> <p>Arugula, Cranberries, Grapes, Candied Walnuts, Feta Cheese Served with a Balsamic Vinegar Dressing and a Squaw Roll</p>	<p style="text-align: center;">Chicken Pho Soup</p> <p>Served With Fresh Basil, Green Onions, Lime, Cilantro, Bok Choy, Sliced Jalapeño Peppers, Hoisin Sauce & Siracha Chili Sauce</p>
Thursday 25-Aug-2022	Tortilla Soup or "New" Garbanzo with Chorizo Soup	<p style="text-align: center;">Southwest Salad</p> <p>Romaine, Diced Chicken, Tomatoes, Black Beans, Corn, Red Bell Pepper, Red Onion, Shredded Cheese, Black Olives & Pico de Gallo Topped with a Spicy Avocado Dressing Served with a Corn Bread Muffin or Dinner Roll</p>	<p style="text-align: center;">Welcome Back!!!!</p> <p style="text-align: center; color: red;">BBQ (Grilled Cheeseburger or Hot Dog) Toppings, Grilled Onions, Grilled Mushrooms, Bag of Chips & Chocolate Chip Cookie </p>
Friday 26-Aug-2022	Tortilla Soup		<p style="text-align: center;">Today's special</p> <p style="text-align: center;">Grilled Cheese, Apple and Fig Jam Sandwich Assorted Sandwiches, Salads & Soup</p>
Monday 29-Aug-2022	Tortilla Soup or Albondiga Soup	<p style="text-align: center;">Balsamic Peach Chicken Salad "New"</p> <p>Mixed Green, Diced Chicken, Peach Wedges, Grape Tomatoes, Chopped cucumber & Sliced Red Onions Topped with Balsamic Vinegar Dressing Served with a muffin</p>	<p style="text-align: center;">Orange Chicken Bowl</p> <p>Served with Chow Mein, Fried Rice with Carrots & Peas - Served with a Lucky Fortune Cookie Sweet & Sour Sauce Available on Request</p>
Tuesday 30-Aug-2022	Tortilla Soup or "New" Avgolemono Chicken Soup with Rice	<p style="text-align: center;">Classic Mexican Summer Salad "New"</p> <p>Arcadian Harvest, Jicama, Sliced Avocado, Soft Fresh Cotija Cheese, Orange Slices, Sunflower Seeds, Salt & Pepper, Drizzled with Fresh Lime Juice Served with a Dinner Roll</p>	<p style="text-align: center;">Taco Tuesday - Fish Tacos (2)</p> <p>Fish Fillet Seasoned with Lemon Pepper Topped with Shredded Cabbage, Pico de Gallo, White Sauce Served with Black Beans, Spanish Rice & Corn Tortillas</p>
Wednesday 31-Aug-2022	Tortilla Soup or "New" Chicken and Asparagus Soup	<p style="text-align: center;">Chinese Chicken Salad</p> <p>Romaine Lettuce, Diced Chicken, Mandarin Oranges, Green Onions, Celery, Cilantro, Won Tons, Chow Mein Noodles, Mixed w/ Oriental Dressing Served w/ a Fortune Cookie</p>	<p style="text-align: center;">Pasta Puttanesca "New"</p> <p>Spaghetti pasta, Anchovy, Chili Flakes, Tomatoes, Black & Green Olives, Capers Served with A Garlic Knot Roll </p>