



February 2023

APPLE CART CAFÉ DAILY MENU



Menu Subject to Change

SERVED DAILY

<p style="text-align: center;">Tuna Salad Sandwich on Buttermilk Bread Egg Salad Sandwich on Buttermilk Bread Veggie Sandwich on Multi Grain Bread Turkey & Cheddar Sandwich on Whole Wheat Bread Grilled Cheese & Panini Sandwiches Assorted Turkey Wrap</p>	<p style="text-align: center;">Vanilla Yogurt topped with Assorted Berries and Granola</p>	<p style="text-align: center;">PETITE OR REGULAR Chef Salad Classic Spinach Salad Signature Green Salad Taco Salad Ranch, Italian or Balsamic Vinegar</p>
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SPECIALS OF THE DAY

Wednesday 1-Feb-2023	Tortilla Soup or Mexican Fideo Soup	<p style="text-align: center;">Chilled Peanut Noodles Whole Grain Spaghetti, Creamy Peanut Butter, Soy Sauce, Rice Vinegar, Ground Ginger, Chopped Green Onions and Chopped Peanuts Served with a Fortune Cookie</p>	<p style="text-align: center;">Teriyaki Chicken Served with Garlic Noodles Topped with Green Onions Fortune Cookie</p>
Thursday 2-Feb-2023	Tortilla Soup or French Onion	<p style="text-align: center;">Cobb Salad Mixed Greens, Black Olives, Shredded Cheddar Cheese, Chopped Chicken, Chopped Tomatoes & Hard Cooked Egg Served with Choice of Dinner Roll</p>	<p style="text-align: center;">Italian Meatball Sandwich Topped with Melted Mozzarella Cheese Served on a French Roll & a Bag of Chips</p>
Friday 3-Feb-2023	Tortilla Soup or Chicken and Garbanzo Soup	<p style="text-align: center;">Chinese Chicken Salad Romaine Lettuce, Diced Chicken, Mandarin Oranges, Green Onions, Celery, Cilantro, Won Tons, Chow Mein Noodles Mixed with Oriental Dressing Served with a Fortune Cookie</p>	<p style="text-align: center;">Cheese Enchiladas (2) Corn Tortillas Filled with Cheese Covered in Mild Red Sauce Topped with Melted Cheddar Cheese Served with Refried Beans & Spanish Rice Tortilla Chips & Salsa</p>
Monday 6-Feb-2023	Tortilla Soup or Clam Chowder	<p style="text-align: center;">Couscous Bowls Couscous, Romaine Lettuce, Garbanzo Beans, Chopped Cucumber, Chopped Tomatoes, Sliced Red Onion, Fresh Parsley & Lemon Juice Served with Tahini Dipping Sauce & Dinner Roll</p>	<p style="text-align: center;">Caprese Chicken 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>
Tuesday 7-Feb-2023	Tortilla Soup or Chicken and Sausage Gumbo	<p style="text-align: center;">Spring Mix with Quinoa Salad 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;">Apple Cart Beef Sliders (2) Seasoned Ground Beef Patties Topped with Melted Cheddar Cheese, Shredded Lettuce, Tomato Slices, Grilled Onions & Mushrooms on a Brioche Bun Served with Seasoned Potato Wedges</p>
Wednesday 8-Feb-2023	Tortilla Soup or Red Lentil Soup	<p style="text-align: center;">BBQ Chicken Salad Chopped Lettuce, Chicken, Corn, Black Beans, Red Onions, Tomatoes, Jicama, Cheddar Cheese Topped with Tortilla Strips & BBQ Ranch Dressing Served with Dinner Roll</p>	<p style="text-align: center;">Southwest Rice Bowl Spanish Rice, Black Beans, Corn, Diced Chicken, Cheese and Cilantro Served with Red Salsa</p>
Thursday 9-Feb-2023	Tortilla Soup		<p style="text-align: center;">Chicken Pho Soup Served with Fresh Basil, Green Onions, Lime, Cilantro, Bok Choy, Sliced Jalapeño Peppers, Hoisin Sauce & Siracha Chili Sauce</p>
Friday 10-Feb-2023	Tortilla Soup		<p style="text-align: center;">Assorted Sandwiches, Salads & Soup Grilled Cheese, Apple and Fig Jam Sandwich</p>
Monday 13-Feb-2023	HOLIDAY		LINCOLN DAY - CAFÉ CLOSED
Tuesday 14-Feb-2023	Tortilla Soup or Italian Minestrone Soup	<p style="text-align: center;">Chipotle Chicken Salad 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 - Fish Tacos (2) 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 15-Jan-2023	Tortilla Soup or Beef and Barley Soup	The Apple Cart Salad 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	Spaghetti with Meat Sauce or Marinara Sauce Served with Small Green Salad & Garlic Cheese Toast
Thursday 16-Jan-2023	Tortilla Soup or Cannellini Bean, Kale and Orzo Soup	Asian Chicken Slaw Shredded Chicken Mixed with Celery, Sugar Peas, Red Bell Pepper, Onion, Slaw Mix & Water Chestnuts, Vinaigrette Dressing Mixed with Soy Sauce, Toasted Almonds & Sesame Seeds Served On a Bed Of Curly Lettuce	Homemade Chicken & Rice Burrito Served with Pico de Gallo, Spanish Rice, Refried Beans and Tortilla Chips
Friday 17-Jan-2023	Tortilla Soup		Assorted Sandwiches, Salads & Soup Grilled Cheese, Apple and Fig Jam Sandwich
Monday 20-Feb-2023	HOLIDAY		PRESIDENT'S DAY - CAFÉ CLOSED
Tuesday 21-Feb-2023	Tortilla Soup or Chicken Enchilada Soup	Santa Fe Salad Mixed Greens, Chicken Strips, Tomatoes, Jicama, Cheddar Cheese, Black Olives Topped with Salsa Dressing & Tortilla Straws	"Plant Based" Falafel Burger Chickpeas, Tahini Paste, Greek Yogurt, Lemon Juice, Onions, Parsley, Garlic, Cilantro and Seasoning in a Pita Bread Served with Diced Cucumbers, Diced Tomatoes and Red Onions Slices, a Side of Fresh Fruit and Tzatziki Sauce
Wednesday 22-Feb-2023	Tortilla Soup or Mediterranean Lentil and Spinach Soup	BBQ Chicken Salad Chopped Lettuce, Chicken, Corn, Black Beans, Red Onions, Tomatoes, Jicama, Cheddar Cheese Topped with Tortilla Strips & BBQ Ranch Dressing Served with a Knot Garlic Bread	Tuscan Chicken Pasta Rotini Pasta, Grilled Cherry Tomatoes, Spinach and Heavy Cream Served with a Homemade Italian Breadstick
Thursday 23-Feb-2023	Tortilla Soup or Albondiga Soup	Chinese Chicken Salad Romaine Lettuce, Diced Chicken, Mandarin Oranges, Green Onions, Celery, Cilantro, Won Tons, & Chow Mein Noodles Mixed w/ Oriental Dressing Served w/ a Fortune Cookie	Orange Chicken Bowl Served with Chow Mein, Fried Rice with Carrots & Peas Served with a Lucky Fortune Cookie Sweet & Sour Sauce Available on Request
Friday 24-Feb-2023	Tortilla Soup		Assorted Sandwiches, Salads & Soup Grilled Cheese, Apple and Fig Jam Sandwich
Monday 27-Feb-2023	Tortilla Soup or Toscana Soup	Southwest Salad Romaine, Diced Chicken, Tomatoes, Black Beans, Corn, Red Bell Pepper, Red Onion, Shredded Cheese, Black Olives & Pico de Gallo Topped with Spicy Avocado Dressing Served with a Dinner Roll	Baked Potato Topped with your Choice of Steamed Broccoli/Carrots & Cheddar Cheese Sauce or Chili with Beans & Cheddar Cheese Sauce.
Tuesday 28-Feb-2023	Tortilla Soup or Tomato Basil Soup	Arugula, Dried Cranberry, Grape Salad with Feta Cheese Arugula, Cranberries, Grapes, Candied Walnuts, Feta Cheese Served with a Balsamic Vinegar Dressing and a Dinner Roll	Cajun Blackened Chicken Sandwich Topped with Garlic Mayonnaise, Shredded Cabbage Jack/Cheddar Cheese Served on Cheese Bread with a Side of Potato Salad

