



# October 2022

## APPLE CART CAFÉ DAILY MENU



\*Menu Subject to Change\*








### SERVED DAILY



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

Monday 3-Oct-2022	Tortilla Soup or Clam Chowder	<p style="text-align: center;"><b>Tuna Salad</b></p> <p>Chopped Romaine Lettuce, Tomato Wedges, Baby Carrots and Ranch Dressing Served with a Dinner Roll</p>	<p style="text-align: center;"><b>Bacon Western Cheeseburger</b></p> <p>Bacon Strip, 2 Onion Rings and a Slice of Cheese Served with a Bag of Chips and BBQ Sauce</p>
Tuesday 4-Oct-2022	Tortilla Soup or Mushroom Soup	<p style="text-align: center;"><b>Cobb Salad</b></p> <p>Mixed Greens, Black Olives, Shredded Cheddar Cheese, Chopped Chicken, Chopped Tomatoes &amp; Hard Cooked Egg Served With Choice of Dinner Roll</p>	<p style="text-align: center;"><b>Taco Tuesday - (1) Carnitas and (1) Chicken Fajita Taco</b></p> <p>Refried Beans, Mexican Rice, Cheese &amp; Red Salsa &amp; (2) 6" Flour Tortilla</p>
Wednesday 5-Oct-2022	Tortilla Soup or Pasta Fagioli Soup	<p style="text-align: center;"><b>Chinese Chicken Salad</b></p> <p>Romaine Lettuce, Diced Chicken, Mandarin Oranges, Green Onions, Celery, Cilantro, Won Tons, Chow Mein Noodles, Mixed w/ Oriental Dressing Served with a Fortune Cookie</p>	<p style="text-align: center;"><b>Tuscan Chicken Pasta</b></p> <p>Rotini Pasta, Grilled Cherry Tomatoes, Spinach and Heavy Cream Served with a Garlic Knot Roll</p>
Thursday 6-Oct-2022	Tortilla Soup or Rice & Black-Eyed Pea Soup	<p style="text-align: center;"><b>Italian Pasta Salad</b></p> <p>Spiral Pasta, Salami, Ham, Turkey, Mozzarella Cheese, Garbanzo Beans, Broccoli, Black Olives, Pepperoncini, Grape Tomatoes Mixed with Italian Dressing Served with A Garlic Knot Roll</p>	<p style="text-align: center;"><b>Arroz con Pollo "New"</b></p> <p>Stemmed Vegetables Served with a Dinner Roll</p> <div style="text-align: right;"></div>
Friday 7-Oct-2022	Tortilla Soup		<p style="text-align: center;"><b>Assorted Sandwiches, Salads &amp; Soup</b></p> <p style="text-align: center;"><b>Grilled Cheese, Apple and Fig Jam Sandwich</b></p>
Monday 10-Oct-2022	Tortilla Soup or Chicken Noodle Soup	<p style="text-align: center;"><b>BBQ Chicken Salad</b></p> <p>Chopped Lettuce, Chicken, Corn, Black Beans, Red Onions, Tomatoes, Jicama, Cheddar Cheese Topped with Tortilla Strips &amp; BBQ Ranch Dressing Served with Dinner Roll</p>	<p style="text-align: center;"><b>Chicken Enmoladas (2) "New"</b></p> <p>Corn Tortillas Filled with Chicken Covered In a Mole Sauce Topped with Green Onions and Cheddar Cheese Served with Refried Beans &amp; Spanish Rice Tortilla Chips &amp; Salsa</p>
Tuesday 11-Oct-2022	Tortilla Soup or Basil Tortellini Soup	<p style="text-align: center;"><b>Classic Mexican Summer Salad</b></p> <p>Arcadian Harvest, Jicama, Avocado sliced, Soft Fresh Cotija Cheese, Orange Slices, Sunflower Seeds, Salt and Pepper, Drizzled with Fresh Lime Juice - Served with a Knot Garlic Bread</p>	<p style="text-align: center;"><b>Taco Tuesday - Fish Tacos (2)</b></p> <p>Fish fillet seasoned with Lemon Pepper Topped with shredded Cabbage, Pico de Gallo, White Sauce Served with Black Beans, Spanish Rice &amp; Corn Tortillas</p>
Wednesday 12-Oct-2022	Tortilla Soup or Chicken and Rice Soup	<p style="text-align: center;"><b>Asian Chicken Slaw</b></p> <p>Shredded Chicken Mixed with Celery, Sugar Peas, Red Bell Pepper, Onion, Slaw Mix &amp; Water Chestnuts Dressing Vinaigrette Mixed with Soy Sauce, Toasted Almonds &amp; Sesame Seeds Served On a Bed Of Curly Lettuce</p>	<p style="text-align: center;"><b>Apple Cart Beef Sliders (2)</b></p> <p>Seasoned Ground Beef Patties Topped with Melted Cheddar Cheese, Shredded Lettuce, Tomato Slices Grilled Onions &amp; Mushrooms</p> <div style="text-align: center;"></div>
Thursday 13-Oct-2022	Tortilla Soup or Corn Chowder	<p style="text-align: center;"><b>Chipotle Chicken Salad</b></p> <p>Romaine Lettuce, Diced Chicken, Bell Pepper, Green Onions, Celery, Cilantro Served with Creamy Chipotle Dressing &amp; Tortilla Straws</p>	<p style="text-align: center;"><b>Teriyaki Chicken Bowl</b></p> <p>Filled with Teriyaki Chicken Steamed White Rice Topped with Broccoli &amp; Carrots Served with a Chinese Almond Cookie</p>
Friday 14-Oct-2022	Tortilla Soup		<p style="text-align: center;"><b>Assorted Sandwiches, Salads &amp; Soup</b></p> <p style="text-align: center;"><b>Grilled Cheese, Apple and Fig Jam Sandwich</b></p>
Monday 17-Oct-2022	Tortilla Soup or Chicken and Garbanzo Soup	<p style="text-align: center;"><b>The Apple Cart Salad</b></p> <p>Romaine, Diced Chicken, Celery, Mandarin Oranges, Diced Apples, Dried Cranberries, Feta Cheese, Red Onion Rings, Topped with Bleu Cheese Served with a Dinner Roll</p>	<p style="text-align: center;"><b>Caprese Chicken</b></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>
Tuesday 18-Oct-2022	Tortilla Soup or Clam Chowder	<p style="text-align: center;"><b>Balsamic Peach Chicken Salad</b></p> <p>Mixed Green, Diced Chicken, Peach Wedges, Grape Tomatoes, Chopped Cucumber and Sliced Red Onions Topped with Balsamic Vinegar Dressing - Served with Knot Garlic Bread</p>	<p style="text-align: center;"><b>Cajun Blackened Chicken Sandwich</b></p> <p>Topped with Garlic Mayonnaise, Shredded Cabbage Jack/Cheddar Cheese Served on Cheese Bread with a Side of Potato Salad</p>

Wednesday 19-Oct-2022	Tortilla Soup or French Onion	<b>Asian Chicken Slaw</b> 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		<b>Spinach Lasagna</b> Garlic Cheese Bread Served with a Green Salad
Thursday 20-Oct-2022	Tortilla Soup or Chili Mac Soup	<b>BBQ Chicken Salad</b> 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		<b>Southwest Rice Bowl</b> Spanish Rice, Black Beans, Corn, Diced Chicken, Cheese and Cilantro Served with Red Salsa
Friday 21-Oct-2022	Tortilla Soup	  		<b>Assorted Sandwiches, Salads &amp; Soup</b> <b>Grilled Cheese, Apple and Fig Jam Sandwich</b>
Monday 24-Oct-2022	Tortilla Soup or Italian Minestrone Soup	<b>Santa Fe Salad</b> Mixed Greens, Chicken Strips, Tomatoes, Jicama, Cheddar Cheese, Black Olives Topped with Salsa Dressing & Tortilla Straws		<b>"Plant Based" Falafel Burger</b> 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 With a Side of Fresh Fruit and Tzatziki Sauce
Tuesday 25-Oct-2022	Tortilla Soup or Chicken and Rice Soup	<b>Chinese Chicken Salad</b> Romaine Lettuce, Diced Chicken, Mandarin Oranges, Green Onions, Celery, Cilantro, Won Tons, Chow Mein Noodles, Mixed w/ Oriental Dressing Served w/ a Fortune Cookie		<b>Taco Tuesday - (2) Chicken Street Tacos</b> Diced Onions & Cilantro Refried Beans , Mexican Rice & Pico De Gallo Corn Tortillas
Wednesday 26-Oct-2022	Tortilla Soup or Toscana Soup	<b>Arugula, Dried Cranberry, Grape Salad with Feta Cheese</b> Arugula, Cranberries, Grapes, Candied Walnuts, Feta Cheese Served with a Balsamic Vinegar Dressing and a Squaw Roll		<b>Chicken Parmesan</b> Breaded Chicken Topped with Marinara Sauce and Melted Mozzarella Cheese Served with a Side of Herb Noodles & Knot Garlic Bread
Thursday 27-Oct-2022	Tortilla Soup or Beef and Barley	<b>Southwest Salad</b> 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		<b>Baked Potato</b> Topped with your Choice of Steamed Broccoli/Carrots & Cheddar Cheese Sauce or Chili with Beans & Cheddar Cheese Sauce.
Friday 28-Oct-2022	Tortilla Soup	  		<b>Assorted Sandwiches, Salads &amp; Soup</b> <b>Grilled Cheese, Apple and Fig Jam Sandwich</b>
Monday 31-Oct-2022	Tortilla Soup or Albondiga Soup	<b>Balsamic Peach Chicken Salad</b> Mixed Green, Diced Chicken, Peach Wedges, Grape Tomatoes, Chopped Cucumber and Sliced Red Onions Topped with Balsamic Vinegar Dressing Served with Knot Garlic Bread		<b>Spaghetti with Tomatoes, Garlic and Loads of Herbs "New"</b> Served with Small Green Salad and a Cheesy Bread Stick 