

OFFERED DAILY LUNCH

SPECIAL OF THE DAY (see calendar menu)

SANDWICHES:

Tuna Salad
Egg Salad
Veggie
Turkey & Cheese
Grilled Cheese
Turkey Wrap

SALADS:

Chef Salad
Classic Spinach
Signature Green
Taco Salad

SOUP:

Tortilla

PARFAIT:

Vanilla Yami Yogurt (Lactose Free)
with Berries & Granola - \$6.50

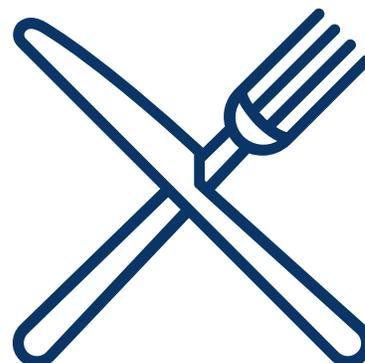
SMOOTHIE:

Freshly Made 12 oz Strawberry Banana
Smoothie \$4.50



**BRING YOUR
Own**

**SCAN THE QR CODE
FOR MORE INFO**



2024-2025 GGUSD

APPLE CART CAFE MENU



Menu subject to change based on product availability.



DAILY LUNCH SPECIALS



OCTOBER 2024



MON

TUES

WED

THURS

FRI



1 **Soup:** Chicken Chipotle
Salad: The Apple Cart Salad
Entree: Taco Tuesday (2)
 Soft or Crunchy Seasoned Beef Tacos Served with Black Beans, Primavera Rice

2 **Soup:** Bean, Kale & Orzo
Salad: Chipotle Chicken
Entree: Apple Cart Beef Sliders (2)
 Topped w/ Cheese, Shredded Lettuce, Tomato, Grilled Onions, Mushrooms Served w/ Potato Wedges

3 **Soup:** Navy Bean
Salad: Italian Pasta
Entree: Chicken Parmesan
 w/ Herbed Noodles, Side Salad and a Bite Size Brownie

4 **Soup:** Tortilla
 Apple, Cheese & Fig Jam Panini
 Assorted Salads and Boar's Head Deli Meat Sandwiches
 Gluten Free Bread available upon request

7 **Soup:** Corn Chowder
Salad: BBQ Chicken
Entree: Spaghetti with Meat or Marinara Sauce
 Served w/ Small Green Salad & Garlic Cheese Bread

8 **Soup:** Tortilla
Salad: Cobb
Entree: Veggie or Ham Quiche
 Crustless Quiche Available w/ side of Carrot/Raisin Salad & Fresh Fruit

9 **Soup:** Tortilla
Entree: Chicken Pho Soup
\$8.50
 Served w/ Bok Choy, Basil, Green Onions, Lime, Cilantro, Jalapeños, Hoisin Sauce & Chili Sauce

10 **Soup:** Potato Cheese
Salad: Southwest Salad
Entree: Tuscan Chicken
 w/Rotini Pasta
 Cherry Tomatoes, Spinach, Heavy Cream w/ Cheese Breadstick

11 **Soup:** Tortilla
 Apple, Cheese & Fig Jam Panini
 Assorted Salads and Boar's Head Deli Meat Sandwiches
 Gluten Free Bread available upon request

14 **Soup:** Albondigas
Salad: Chinese Chicken
Entree: Southwest Rice Bowl
 Spanish Rice, Refried Beans, Corn, Diced Chicken, Cheese & Cilantro w/ Red Salsa

15 **Soup:** Toscana
Salad: Greek
Entree: Homemade Chicken & Rice Burrito
 Served w/ Pico de Gallo, Spanish Rice, Refried Beans & Tortilla Chips

16 **Soup:** Fideo
Salad: Chicken Waldorf
Entree: Baked BBQ Chicken
 (1 Breast or 1 Leg & 1 Thigh)
 Rice Pilaf and a Bag of Chips

17 **Soup:** Clam Chowder
Salad: Arugula, Dried Cranberry, Grape w/ Feta Cheese
Entree: Baked Potato
 Choice of Steamed Broccoli, Carrots, Cheddar Cheese or Chili Beans

18 **Soup:** Tortilla
 Apple, Cheese & Fig Jam Panini
 Assorted Salads and Boar's Head Deli Meat Sandwiches
 Gluten Free Bread available upon request

21 **Soup:** Chicken Noodle
Salad: Chinese Chicken
Entree: Teriyaki Chicken Bowl
 Steamed Rice, Broccoli, Carrots & Green Onions

22
Soup: Tortilla
Salad: Southwest
Entree: Chicken Alfredo
 Served with Green Salad and Garlic Bread

23 **Soup:** Beef Barley
Salad: BBQ Chicken
Entree: Beef or Turkey Burger
 Served on Brioche Bun or Protein Style w/ Tomato, Lettuce, Onion, Potato Wedges and Fresh Fruit

24 **Soup:** French Onion
Salad: Asian Chicken Slaw
Entree: Green Chicken Enchiladas
 Served with Refried Beans, Mexican Rice & Red Salsa

25 **Soup:** Tortilla
 Apple, Cheese & Fig Jam Panini
 Assorted Salads and Boar's Head Deli Meat Sandwiches
 Gluten Free Bread available upon request

28 **Soup:** Vegetable
Salad: Balsamic Peach Chicken
Entree: Breakfast for Lunch
 Potato, Sausage or Bacon Burrito Filled w/ Egg and Cheese Served w/ Iced Coffee

29 **Soup:** Golden Squash
Salad: Broccoli
Entree: Open Faced Roast Beef Sandwich
 Mashed Potatoes & Gravy and Steamed Corn

30 **Soup:** Chicken Enchilada
Salad: Chicken Pasta
Entree: Caprese Chicken
 w/ Mozzarella, Tomato, Basil & Drizzle of Balsamic Served w/ Rice Pilaf & Green Beans

31 **Soup:** Chicken & Rice
Salad: Classic Mexican Summer w/ Lime Dressing
Entree: Arroz con Pollo
 Steamed Vegetables Served w/ a Hawaiian Roll



Café Pricing:
 Soup Bowl: \$5.50
 Soup Cup: \$4.00
 Whole Sandwich: \$6.50
 1/2 Sandwich: \$3.50
 Regular Salad: \$6.50
 Petite Salad: \$5.50
 Soda, Water or Iced Tea: \$1.00
 Chips: \$1.00

Scan QR code to download menu



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

For more information about our menus, please visit: gardengrove.healtheliving.net

This institution is an equal opportunity employer and provider.

All entrees are \$7.00 unless indicated.
 Iced Tea or Spa Water Included with Purchase of an Entrée