



# September 2022 APPLE CART CAFÉ DAILY MENU



\*Menu Subject to Change\*

<b>SERVED DAILY</b>		
<p style="text-align: center;">Tuna Salad on Buttermilk Bread Egg Salad on Buttermilk Bread Veggie on Multi Grain Bread Turkey &amp; Cheddar on Whole Wheat Bread Grilled Cheese &amp; Panini Sandwiches Assorted Turkey Wraps</p>	<p>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 Choice of Dinner Roll and Ranch, Italian or Balsamic Vinegar</p>

## SPECIALS OF THE DAY

Thursday 1-Sep-2022	Tortilla Soup or Red Lentil 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 a Dinner Roll</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 Served with Seasoned Potato Wedges</p>
Friday 2-Sep-2022	Tortilla Soup		<p><b>Assorted Sandwiches, Salads &amp; Soup</b> <b>Grilled Cheese, Apple and Fig Jam Sandwich</b></p>
Monday 5-Sep-2022		<p style="color: red;"><b>HOLIDAY</b> <b>APPLE CART CAFÉ CLOSED</b></p>	 <p>HAPPY LABOR DAY</p>
Tuesday 6-Sep-2022	Tortilla Soup or Carrot Soup	<p style="text-align: center;"><b>Classic Mexican Summer Salad with Lime Dressing</b></p> <p>Jicama, Avocado slices, Soft Fresh Cotija Cheese, Orange Slices, Sunflower Seeds and Fresh Lime Juice Served with a Garlic Knot Roll</p>	<p style="text-align: center;"><b>Baked Ziti Pasta "New"</b></p> <p>Chicken Breast, Marinara Sauce, Red Pepper Flakes, Mozzarella, Ricotta and Parmesan Cheese Served with a Dinner Roll and Small Green Salad</p>
Wednesday 7-Sep-2022	Tortilla Soup or Mushroom	<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, Balsamic Vinaigrette Dressing, Toasted Almonds &amp; Sesame Seeds Served On A Bed Of Curly Lettuce</p>	<p style="text-align: center;"><b>Baked Chicken "New"</b></p> <p>Served with a Side Dish of Curried Quinoa Salad</p>
Thursday 8-Sep-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>Cheese Enchiladas (2)</b></p> <p>Corn Tortillas Filled with Cheese Covered In a Mild Red Sauce Topped with Melted Cheddar Cheese Served with Refried Beans &amp; Spanish Rice Tortilla Chips &amp; Salsa</p>
Friday 9-Sep-2022	Tortilla Soup		<p><b>Assorted Sandwiches, Salads &amp; Soup</b> <b>Grilled Cheese, Apple and Fig Jam Sandwich</b></p>
Monday 12-Sep-2022	Tortilla Soup or Tomato 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 13-Sep-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 Garlic Knot 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 (2) 6" Flour Tortilla or (2) 5" Corn Tortillas</p>
Wednesday 14-Sep-2022	Tortilla Soup or French Onion	<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, Vinaigrette Dressing Mixed with Soy Sauce, Toasted Almonds &amp; Sesame Seeds Served On A Bed Of Curly Lettuce</p>	<p style="text-align: center;"><b>"Plant Based" Falafel Burger</b></p> <p>Chickpeas, Tahini Paste, Greek Yogurt, Lemon Juice, Onions, Parsley, Garlic, Cilantro and Seasoning In a Burger Bun Served with Fresh Fruit and Tzatziki Sauce</p>
Thursday 15-Sep-2022	Tortilla Soup or Chicken and Rice 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 a Garlic Knot Roll</p>	<p style="text-align: center;"><b>Southwest Rice Bowl</b></p> <p>Spanish Rice, Black Beans, Corn, Diced Chicken, Cheese and Cilantro Served with Red Salsa</p>

Friday 16-Sep-2022	Tortilla Soup		<b>Assorted Sandwiches, Salads &amp; Soup</b> <b>Grilled Cheese, Apple and Fig Jam Sandwich</b>
Monday 19-Sep-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>Spaghetti With Meat Sauce or Marinara Sauce</b> Served with Small Green Salad & Garlic Cheese Toast
Tuesday 20-Sep-2022	Tortilla Soup or Mexican Fideo 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>Homemade Chicken &amp; Rice Burrito</b>  Served With Pico de Gallo, Spanish Rice & Refried Beans
Wednesday 21-Sep-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 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 & Garlic Knot Roll
Thursday 22-Sep-2022	Tortilla Soup	<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 a Spicy Avocado Dressing Served with a Dinner Roll	<b>Chicken Pho Soup</b> Served With Fresh Basil, Green Onions, Lime, Cilantro, Bok Choy, Sliced Jalapeño Peppers, Hoisin Sauce & Siracha Chili Sauce
Friday 23-Sep-2022	Tortilla Soup		<b>Assorted Sandwiches, Salads &amp; Soup</b> <b>Grilled Cheese, Apple and Fig Jam Sandwich</b>
Monday 26-Sep-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 Onion Topped with Balsamic Vinegar Dressing Served with a Garlic Knot Roll	<b>Orange Chicken Bowl</b> Served with Chow Mein, Fried Rice with Carrots & Peas - Served with a Lucky Fortune Cookie Sweet & Sour Sauce Available on Request
Tuesday 27-Sep-2022	Tortilla Soup or Italian Soup	<b>Chinese Chicken Salad</b> Romaine Lettuce, Diced Chicken, Mandarin Oranges, Green Onions, Celery, Cilantro, Won Tons, Chow Mein Noodles, Mixed with Oriental Dressing Served with a Fortune Cookie	<b>Taco Tuesday - (2) Chicken Street Tacos</b> Diced Onions & Cilantro Refried Beans, Mexican Rice, & Pico De Gallo Corn Tortillas
Wednesday 28-Sep-2022	Tortilla Soup or Chili Soup	<b>Italian Pasta Salad</b> 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	<b>Turkey Burger</b> Served on a Whole Wheat Bun. Topped with Tomato Slices, Lettuce & Red Onion Rings Served with Seasoned Potato Wedges
Thursday 29-Sep-2022	Tortilla Soup or Vegetarian Soup	<b>Tri-Salad</b> Scoop of Cashew Chicken & Scoop of Potato Salad with a Side of Fruity Gelatin Served with Homemade Sweet Bread	<b>Cajun Blackened Chicken Sandwich</b> Topped with Garlic Mayonnaise, Shredded Cabbage Jack/Cheddar Cheese Served on Cheese Bread with a Side of Potato Salad
Friday 30-Sep-2022	Tortilla 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>Assorted Sandwiches, Salads &amp; Soup</b>  <b>Grilled Cheese, Apple and Fig Jam Sandwich</b>

