



SEPTEMBER 2024

APPLE CART CAFE

MENU

REVISED

MONDAY

2



Soup:

Beef Barley

Salad:

Cobb

Entree:

Maple Walnut Chicken
Seasoned with Thyme, Apple
Cider Vinegar & Maple Syrup
Topped with Walnuts
Served with Rice Pilaf

TUESDAY

3

Soup:

Albondigas

Salad:

Spring Mix with Quinoa

Entree:

Kielbasa Mixed w/ Seasoned
Potatoes, Green Peppers, Onions
Served with Fresh Fruit

WEDNESDAY

4

Soup:

Golden Squash

Salad:

Asian Chicken Slaw

Entree:

Bone-in Chicken Wings (6 pcs)
with BBQ or Buffalo Sauce
Potato Salad, Celery & Carrot
Sticks w/ Ranch Dressing
and Mini Carrot Cake

THURSDAY

5

Soup:

Minestrone

Salad:

Chipotle Chicken

Entree:

Teriyaki Chicken
with Garlic Noodles
Steamed Veggies
& Green Onions

FRIDAY

6

Soup:

Tortilla Soup

Entree:

Apple & Fig Jam Panini
Assorted Salads & Boar's
Head Deli Meat Sandwiches

10

Soup:

Red Lentil

Salad:

BBQ Chicken

Entree:

Spaghetti with Meat or
Marinara Sauce with a
Small Green Salad &
Garlic Cheese Bread

11

Soup:

Toscana

Salad:

Southwest

Entree:

Green Chicken Enchiladas
in a Mild Green Sauce,
Topped with Cheese
Served with Rice and Beans

12

Soup:

French Onion

Salad:

Classic Mexican Summer
with Lime Dressing

Entree:

Tuscan Chicken with Creamy
Rotini Pasta Mixed with Cherry
Tomatoes & Spinach,
Served with a Cheese Breadstick

13

Soup:

Tortilla Soup

Entree:

Apple & Fig Jam Panini
Assorted Salads & Boar's
Head Deli Meat Sandwiches

**All entrees are
\$7.00 unless
indicated.**

**Iced Tea Included with
Purchase of an Entrée**

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

Café Pricing:

Soup Bowl: \$5.50 Soup Cup: \$4.00
Whole Sandwich: \$5.00 1/2 Sandwich: \$3.50
Regular Salad: \$6.50 Petite Salad: \$5.50
Soda, Water or Iced Tea: \$1.00
Chips: \$1.00 Cookies (pack of 2): \$1.00

Soup:

Avgolemono

Salad:

Cranberry Chicken on Ciabatta Bread

Entrée:

Cajun Blackened Chicken on
Cheese Bread or *Protein Style
Topped with Garlic Mayo,
Cabbage, Jack/Cheddar Cheese
Served with Potato Salad

16**Soup:**

Tortilla Soup

**Entrée: \$8.50**

Chicken Pho
Served with Fresh Herbs, Bok
Choy, Sliced Jalapeños, Hoisin
Sauce & Sriracha Chili Sauce

17**Soup:**

Basil Tortellini

Salad:

Chinese Chicken Salad

Entrée:

Baked Potato w/ Choice of:
Broccoli/Carrots & Cheddar
Cheese Sauce or Chili with
Beans & Green Onions


18**Soup:**

Chicken Noodle

Salad:

The Apple Cart

Entrée:

Breakfast for Lunch 
Potato, Sausage or Bacon
Burrito Filled with Egg & Cheese
& Iced Coffee

19**Soup:**

Tortilla Soup

Entrée:

Apple & Fig Jam Panini
Assorted Salads & Boar's
Head Deli Meat Sandwiches

20**Soup:**

Mushroom

Salad:

Greek

NEW

Beef or Turkey Burger
on Whole Wheat Bun with Tomato
Slices, Lettuce and Red Onion
Served with Seasoned
Potato Wedges

23**Soup:**

Chicken & Rice

Salad:

Santa Fe

Roasted Chicken with Thyme &
Fennel on Top of Plum Tomato,
Basil and Balsamic Puree
Served with Roasted Vegetables
and Buttered Noodles

24**Soup:**

Pasta Fagioli

Salad:

Asian Chicken Slaw

Entrée:

Chicken Pozole Bowl
Served with a Variety of Toppings
and a Bag of Tortilla Chips

25**Soup:**

Chipotle Chicken

Salad:

BBQ Chicken Salad

Entrée:

Caprese Chicken
Served with Mozzarella
Cheese, Tomato, Basil Leaves,
and Balsamic Glaze
with Rice Pilaf & Steamed Veggies

26**Soup:**

Tortilla Soup

Entrée:

Apple & Fig Jam Panini
Assorted Salads & Boar's
Head Deli Meat Sandwiches

27**Soup:**

Wasatch Mountain Chili

Salad:

Southwest

Entrée:

Homemade Chicken
& Rice Burrito
Served with Pico de Gallo,
Spanish Rice, Refried Beans
& Tortilla Chips

30

Served Daily

Sandwiches: Tuna Salad, Egg Salad, Veggie,
Turkey & Cheese, Grilled Cheese, Turkey Wrap

Salads: Chef Salad, Classic Spinach, Signature Green, Taco Salad

Soup: Tortilla Soup

Parfait: Vanilla Yami Yogurt (Lactose Free)
with Berries & Granola - **\$6.25**



This institution is an equal opportunity provider. Menu is subject to change depending on product availability.