



# September 2021 APPLE CART CAFÉ DAILY MENU



\*Menu Subject to Change\*

<p><b>Served Daily</b>  <b>Tuna Salad - Buttermilk Bread</b>  <b>Egg Salad - Buttermilk Bread</b>  <b>Veggie - Multi Grain Bread</b>  <b>Turkey &amp; Cheddar - Whole Wheat Bread</b></p>	<p><b>Served Daily</b>  <b>Tortilla Soup - Cup or Bowl</b>  <b>Yogurt Parfait</b>  <b>Vanilla Yogurt</b>  <b>Assorted Berries Topped With Granola</b></p>	<p><b>Served Daily - Petite or Regular</b>  <b>Chef Salad</b>  <b>Chicken Caesar Salad</b>  <b>Signature Green Salad</b>  <b>of Dinner Roll or Muffin</b>  <b>Ranch, Italian or Balsamic Vinegar</b></p> <p style="text-align: right;"><i>Choice</i></p>
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## SPECIALS OF THE DAY

Wednesday 1-Sep-2021	<p><b>BBQ Chicken Salad</b>            Chopped Lettuce, Chicken, Corn, Black Beans, Red Onions, Tomatoes, Jicama, Cheddar Cheese Topped With Tortilla Strips &amp; BBQ Ranch Dressing            Served With A Cheese Bread Stick</p>	<p><b>Kielbasa Mixed With Potatoes, Bell Peppers and Onions</b>            Served With Fresh Fruit</p>
Thursday 2-Sep-2021	<p><b>Classic Spinach Salad</b>            Spinach, Sliced Mushrooms, Tomatoes, Red Onions, Bacon &amp; Hard Cooked Sliced Egg            Topped With Dijon Mustard Dressing &amp; Croutons            Served With A Muffin</p>	<p><b>Southwest Chicken Bowl</b>            Seasoned Chicken, Black Beans, Mexican Rice, Corn, Green Onions            Avocado, Tomatoes, Cheddar Cheese, Pico de Gallo            Served With Tortilla Chips</p>
Friday 3-Sep-2021	<p><b>Assorted Salads Daily</b></p>	<p><b>Spaghetti With Meat Sauce or Marinara Sauce</b>            Served With Small Green Salad &amp;            Garlic Cheese Toast</p>
Monday 6-Sep-2021	<p><b>Café Closed</b></p>	<p><b>Labor Day</b></p>
Tuesday 7-Sep-2021	<p><b>Greek Salad</b>            Romaine Lettuce, Cucumbers, Tomatoes, Red Onion Rings, Olives, Shredded Cheese, Topped With Red Wine Vinaigrette Dressing - Served With A Muffin or Dinner Roll</p>	<p><b>Tamale Pie</b>            Corn Meal &amp; Green Chile Seasoned Crust            Filled With Red Chile Sauce Mixed With Seasoned Ground Beef &amp; Sweet Corn            Served With Marinated Mexican Vegetables</p>
Wednesday 8-Sep-2021	<p><b>Red Pepper Hummus Plate</b>            Sliced Cucumbers, Garlic Toasted Baguette Slices            Celery Sticks</p>	<p><b>Meat Loaf</b>            Served With Mashed Potatoes &amp; Gravy            Glazed Carrots            Served With A Dinner Roll</p>
Thursday 9-Sep-2021	<p><b>Tri-Salad</b>            Scoop of Cashew Chicken &amp; Scoop of Potato Salad            With a Side of Fruity Gelatin            Served With Homemade Sweet Bread</p>	<p><b>Chicken Alfredo</b>            Pasta Topped With Chicken &amp; A Creamy White Sauce            Served with A Homemade Italian Breadstick</p>
Friday 10-Sep-2021	<p><b>Chicken Pasta Salad</b>            Romaine Lettuce, Pasta, Chicken, Broccoli            Cucumbers, Green Onions            Mixed With Dill &amp; Sour Cream Dressing</p>	<p><b>Healthy Chicken Parmesan</b>            Chicken Breast Coated With Italian Seasonings and Parmesan Cheese Covered            In A Rich Marinara Sauce Topped With Melted Mozzarella Cheese            Served With Herb Noodles &amp; Small Green Salad            Homemade Parmesan Knot Roll</p>
Monday 13-Sep-2021	<p><b>Cobb Salad</b>            Mixed Greens, Black Olives, Shredded Cheddar Cheese, Chopped Chicken, Chopped Tomatoes &amp; Hard Cooked Egg            Served With Choice of Dinner Roll or Muffin</p>	<p><b>Chicken Olé Casserole</b>            Shredded Seasoned Chicken, Layered With Creamy Chicken Sauce            Cheese, Corn Tortillas Topped With Cheddar Cheese            Served With Pico De Gallo &amp; Fresh Fruit Cup</p>
Tuesday 14-Sep-2021	<p><b>The Apple Cart Salad</b>            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</p>	<p><b>California Chicken Sandwich</b>            Grilled Chicken Breast On A Buttery Bun            Topped With Bacon Strips, Melted Mozzarella Cheese &amp; Avocado            Served With Macaroni Salad</p>
Wednesday 15-Sep-2021	<p><b>BBQ Chicken Salad</b>            Chopped Lettuce, Chicken, Corn, Black Beans, Red Onions, Tomatoes, Jicama, Cheddar Cheese Topped With Tortilla Strips &amp; BBQ Ranch Dressing            Served With A Cheese Bread Stick</p>	<p><b>Spaghetti With Meat Sauce or Marinara Sauce</b>            Served With Small Green Salad &amp;            Garlic Cheese Toast</p>
Thursday 16-Sep-2021	<p><b>Classic Spinach Salad</b>            Spinach, Sliced Mushrooms, Tomatoes, Red Onions, Bacon &amp; Hard Cooked Sliced Egg            Topped With Dijon Mustard Dressing &amp; Croutons            Served With A Muffin</p>	<p><b>Bow Tie Pasta with Chicken</b>            Sun-Dried Tomatoes, Peas, Slivered Almonds, Grated Parmesan Cheese, Basil -            Tossed in a Parmesan Sauce - Served With a Garlic Cheese Twist</p>

Friday 17-Sep-2021	<b>Daily Salads Available</b>	<b>Cheese Enchiladas (2)</b> Corn Tortillas Filled With Cheese Covered In A Mild Red Sauce Topped With Melted Cheddar Cheese Served with Refried Beans & Spanish Rice Tortilla Chips & Salsa 
Monday 20-Sep-2021	<b>Tri-Salad</b> Scoop of Cashew Chicken & Scoop of Potato Salad With a Side of Fruity Gelatin Served With Homemade Sweet Bread	<b>Turkey Burger Ground Turkey</b> Seasoned With Spices & Herbs, Curly Lettuce & Sliced Tomato Served On A Sesame Seed Bun & Side of Spicy Potato Wedges
Tuesday 21-Sep-2021	<b>Greek Salad</b> Romaine Lettuce Cucumber, Tomatoes, Red Onion, Olives, Feta Cheese Mixed With Red Wine Vinaigrette Served With Garlic Cheese Flat Bread	<b>Homemade Chicken &amp; Rice Burrito</b> Served With Pico de Gallo, Spanish Rice & Refried Beans & Tortilla Chips
Wednesday 22-Sep-2021	<b>Mediterranean Pasta Salad</b> Tortellini, Asparagus, Red Bell Pepper, Mozzarella Cheese, Grape Tomatoes, Black Olives, Artichoke Hearts, Ham, Fresh Basil, Mixed With Balsamic Vinaigrette Dressing	<b>Green Chile Stew</b> Seared Chunks of Pork, Potatoes, Onions, Herbs, Spices, Green Chilies Topped With Sour Cream Served With (2) Flour Tortillas 
Thursday 23-Sep-2021	<b>Classic Spinach Salad</b> Spinach, Sliced Mushrooms, Tomatoes, Red Onions, Bacon & Hard Cooked Sliced Egg Topped With Dijon Mustard Dressing & Croutons Served With A Muffin	<b>Chicken Alfredo</b> Pasta Topped With Chicken & A Creamy White Sauce Served with A Homemade Italian Breadstick
Friday 24-Sep-2021	 <b>Daily Salads Available</b>	<b>Chili Relleno Casserole</b> Eggs Mixed With Mild Ortega Green Chilies & Jack & Cheddar Cheese Served With Spanish Rice & Refried Beans
Monday 27-Sep-2021	<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 Cheese Breadstick	 <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 28-Sep-2021	<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 Served On A Bed Of Curly Lettuce	<b>Baked Sweet Potato</b> With Lots of Toppings to Choose From Butter, Brown Sugar/Cinnamon Mix, Candied Walnuts & Marshmallows Served With Fresh Fruit
Wednesday 29-Sep-2021	<b>Mexican Caesar Salad</b> Chopped Romaine, Cubed Chicken, Cotija Cheese, Pepitas Seeds, Croutons Served With A Creamy Cilantro Dressing Served With A Muffin	<b>B.L.A.T. Wrap</b> Flour Tortilla Filled With Turkey, Bacon, Lettuce, Tomatoes, & Guacamole Served With Fresh Fruit
Thursday 30-Sep-2021	<b>Cobb Salad</b> Mixed Greens, Black Olives, Shredded Cheddar Cheese, Chopped Chicken, Chopped Tomatoes & Hard Cooked Egg Served With Choice of Dinner Roll or Muffin	 <b>El Dorado Casserole</b> Served With Fresh Fruit