

# Prairie Wind Café

April 19<sup>th</sup> to April 25<sup>th</sup> 2021

## Café Hours

Breakfast 6:30 am-9:30 am

Continental Breakfast 9:30 am-10:30 am

Lunch 11:00 am-1:30 pm

Grab & Go 1:00 pm-5:15 pm

Dinner 5:15 pm-6:45 pm (Monday-Friday)

\*Grab & Go=Soup, Salads, Sandwiches & Desserts

### Monday

Vegetable Brown Rice Soup	\$1.10
Montreal Cod	\$3.09
Philly Cheesesteak Sandwich	\$3.09
Parslied Red Potatoes	.68
Roasted Carrots	.68
Snap Peas	

♥ = Heart Healthy Item

### Tuesday

Smokey Turkey Vegetable Soup	\$1.10
Black Bean Peppers Vegan	\$3.09
Hot Beef Sandwich	\$3.09
Mashed Potatoes & Gravy	.68
Roasted Butternut Squash	.68
Corn	.68

### Wednesday

Chipotle Chicken Tortilla Soup	\$1.10
Loaded Potato Pizza	\$3.09
Sausage Pizza	\$3.09
Beef Tacos	\$3.09
Baked Potato	.68
Cauliflower	.68
Asparagus	.68

### Thursday

Cheddar Bacon Potato Chowder	\$1.10
Southwest Chicken Salad	\$3.60
Beef & Broccoli Stir Fry	3.09
Brown Rice	
Green Beans	.68
Broccoli	.68

### Friday

Tomato Basil Soup	\$1.10
Pasta Bar w/marinara, alfredo, toppings	3.09
Sloppy Joes w/chips	3.09
Peas & Onions	.68
Roasted Veggies	.68
Breadsticks	

### Saturday

Broccoli & Cheddar Soup	\$1.10
Avocado Crispy Chicken Sandwich	\$3.09

### Sunday

Chicken Noodle Soup	\$1.10
Pot Roast	\$3.09
Corn	

