**Mountain View Café**

**Grill Special of the Week**
Grilled Chicken Caesar Wrap with Romaine Lettuce, Parmesan Cheese & Caesar Dressing

**Flatbread Special of the Week**
Garlic-Roasted Tomato & Spinach Flatbread

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**Menu Symbol Key**
- Heart Healthy
- Cooked with Alcohol
- Made without Gluten Ingredients
- Made Without Meat, Fish or Poultry
- Premium Entrée $3.50

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**SUNDAY 9/17**
Creamy Chicken Pasta Soup
Pizza, Grab ‘n Go Sandwiches, Grab ‘n Go Salads
Chef’s Specials

**MONDAY 9/18**
- CVMC Vegetable Soup
- P- Maple & Ginger Grilled Salmon Salad Plate
- Marinated Chicken Breast, on Salad Plate if desired
- Brown Rice Pilaf
- Sautéed Zucchini
- Fresh Sliced Carrots
- Fresh Fruit of the Day: Banana

**TUESDAY 9/19**
- Cream of Asparagus Soup
- P-Chicken Marsala
  - Roasted Vegetable Enchilada Casserole
  - Baked Potato
  - Fresh Broccoli
  - Summer Squash
  - Fresh Fruit of the Day: Fresh Fruit Salad

**WEDNESDAY 9/20**
- Pasta Fagioli Soup
  - Pasta Bar: Whole Wheat Penne, White Rotini, Cheese Tortellini OR Gluten Free Pasta
  - Three Sauces: Meat, Marinara OR Pesto
  - Green Beans with Roasted Garlic
  - Steamed Cauliflower
  - Fresh Fruit of the Day: Watermelon

**THURSDAY 9/21**
Chicken Tortilla Soup
- P- Beef Taco or Fish Taco with Assorted Toppings
  - Chipotle and Taco Sauces
  - Seasoned Potato Wedges
  - Roasted Corn and Peppers
  - Grilled Mexican Asparagus
  - Fresh Fruit of the Day: Grapes

**FRIDAY 9/22 First Day of Fall**
- Roasted Corn Chowder
  - P- Ground Beef Shepard’s Pie / Beef Gravy
  - Chicken Cobb Salad Plate
  - Red Beets
  - Fresh Spinach
  - Fresh Fruit of the Day: Orange

**SATURDAY 9/23**
- Turkey and White Bean Soup
Pizza, Grab ‘n Go Sandwiches, Grab ‘n Go Salads
Chef’s Specials

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**We buy from many local food producers & distributors.**

**Consuming raw or undercooked meats, poultry, seafood or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.**