

	Soup and Grill	Signature Classics	Fresh Elements	A La Carte	
Monday	<p>PCH Chicken Noodle Soup \$1.99 Calories 173</p> <p>Chicken Bacon Pepper Jack Sandwich \$2.99 Calories 553</p> <p>Potato Munchers \$1.99 (V) Calories 468</p>	<p>Portobello Sandwich Grilled Portobello mushroom served on a ciabata with pesto aoli, roasted red peppers and chopped arugala, served with a side of broccoli \$4.49 Entrée Calories 400</p> <p>Thai Red Curry Thai red curry full of vegetables served over brown rice with a side of naan bread \$4.49</p>	<p>Berry Chicken Salad with Citrus Dressing Chicken, raspberries, blackberries, blueberries, cucumbers, feta and toasted almonds served over mixed greens and topped with citrus dressing \$4.99 (G) Calories 285</p>	<p>Broccoli \$0.79 (V,D,G) Calories 30</p> <p>Mac & Cheese \$0.79 (V) Calories 210</p> <p>Naan Bread \$0.79</p>	<p>Brown Rice \$0.79 (V,D,G) Calories 110</p>
Tuesday	<p>Kale and Chorizo Soup \$1.99 Calories 182</p> <p>Roast Beef & Cheddar with Grilled Onions \$2.99 Calories 510</p> <p>Jalapeño Poppers (4) \$2.99 (V) Calories 380</p>	<p>Pollo Loco Burrito Spicy chicken, beans, lettuce, cheddar cheese, corn and green chili salsa wrapped in a flour tortilla \$4.99 Calories 755</p> <p>Basil and Garlic Salmon Basil and garlic rubbed salmon served with Yukon mashers and roasted zucchini \$5.99 Entrée Calories 250</p>	<p>Fiesta Salad Romaine mix, vegetarian black beans, mexi-rice sliced olives, corn and cheddar cheese drizzled with our signature cilantro lime vinaigrette \$3.99 (V,G) Calories 354</p> <p>Fiesta Salad with Yucatan-Style Braised Chicken \$4.99 Calories 550</p>	<p>Yukon Mashers and Gravy \$0.79</p> <p>Roasted Zucchini \$0.79 (V,D,G) Calories 30</p> <p>Mixed Vegetables \$0.79 (V,D,G) Calories 30</p>	<p>Corn Salad \$0.79 (V,D,G) Calories 100</p> <p>Black Beans \$0.79 (V,D,G) Calories 100</p> <p>Salmon Only \$4.99 Calories 250</p>
Wednesday	<p>Chunky Veggie Soup \$1.99 (V,D,G) Calories 145</p> <p>Pastrami Swiss Burger \$2.99 Calories 612</p> <p>Chicken Nuggets \$2.49 Calories 418</p>	<p>Lemon Pepper Chicken Lemon pepper chicken served with roasted zucchini and steamed spinach \$4.99 Calories 390</p> <p>Cocount Dusted Tilapia Coconut dusted tilapia served with coconut sticky rice and asian vegetables \$4.99 (D,G) Calories 250</p>	<p>Chicken Gyro with Almond Couscous Lemon pepper chicken, sliced tomatoes, onion, cucumber, feta and shredded lettuce served over a pita topped with tzatziki sauce and served with almond currant couscous \$4.49 Calories 428</p>	<p>Steamed Spinach \$0.79 (V,D,G) Calories 65</p> <p>Mac & Cheese \$0.79 (V) Calories 210</p> <p>Chicken Only \$3.99 Calories 350</p>	<p>LW Coconut Sticky Rice \$0.79 (V,D,G) Calories 200</p> <p>LW Asian Vegetables \$0.79 (V,D,G) Calories 35</p> <p>Zucchini \$0.79</p>
Thursday	<p>Tom Kha Gai Thai Chicken & Coconut Soup \$1.99 Calories 135</p> <p>Ham & Cheddar Croissant \$2.99 Calories 524</p> <p>Onion Rings \$1.75 (V) Calories 364</p>	<p>Gnocchi with sauce Italian Gnocchi topped with our house italian sauce full of spices, and bacon, served with a side of mixed veggies and garlic bread \$4.49 Calories 230</p> <p>Japanese Chicken Lightly breaded chicken in a sweet Teriyaki sauce served with stir fried green beans and fried rice \$4.99 Calories 348</p>	<p>Roasted Garden Salad Arugala, kale and spinach mix topped with roasted tomatoes, shredded roasted carrots, asparagus, pepitas, and drizzled with our famous pear basil dressing \$3.99 Calorie 500</p> <p>Roasted Garden Salad with Honey Chicken \$4.99 Calories 700</p>	<p>Stir Fried Green Beans \$0.79 (V,D,G) Calories 40</p> <p>Veggie Fried Rice \$0.79 (V,D,G) Calories 125</p> <p>Mac & Cheese \$0.79 (V) Calories 210</p> <p>Garlic Bread \$0.79</p>	<p>Mixed Veggies \$0.79 (V,D,G) Calories 30</p> <p>Chicken Only \$3.99 Calories 350</p> <p>Gnocchi Only \$3.49 Calories 230</p>
Friday	<p>Butternut Squash Soup \$1.99 (V) Calories 140</p> <p>Chicken Cordon Bleu Sandwich \$2.99 Calories 544</p> <p>Zucchini Coins (6) \$1.75 (V) Calories 325</p>	<p>LW Chipotle Pork with Grits & Green Beans Chipotle honey and lime pork served with cheese grits, and sautéed green beans & mushrooms \$4.99 Calories 487</p> <p>LW Fish Tacos with Cilantro Lime Slaw Steamed white corn tortillas with chipotle and tomato-baked cod. Topped with our Mexi-lemon slaw and creamy cilantro-jalapeño sauce \$4.99 Calories 482</p>	<p>Pasta Primavera Fresh zucchini, peppers, onion, tomato, broccoli and carrots tossed with penne pasta and a light lemon dressing \$3.99 (V) Calories 277</p> <p>Cathy's Salad Baby greens, shredded asiago and drizzled with lemon and extra virgin olive oil \$3.99 (V) Calories 364</p> <p>Combo \$3.99</p>	<p>LW Cheese Grits \$0.79 Calories 140</p> <p>Sautéed Green Beans & Mushrooms \$0.79 (V,D,G) Calories 40</p>	<p>Mexi-lemon Slaw \$0.79 (V,D,G) Calories 15</p> <p>Pork Only \$3.99 Calories 350</p> <p>Chef's Choice Veggies \$0.79</p>
Saturday	<p>Soup Du Jour \$1.99</p> <p>Sweet Potato Fries \$1.75 Calories 312</p>	<p>Chicken Cacciatore Chicken, tomatoes, onions, herbs, peppers in marinara served over orecchiette pasta with roasted zucchini \$4.99 Entrée Calories 310</p> <p>Smothered Green Chile Pork Burrito Onions, green chilies and pork slowly braised together until tender rolled in a flour tortilla with Spanish rice and our three cheese blend smothered with a green Chile salsa \$4.99 Calories 775</p>		<p>Roasted Zucchini \$0.79 (V,D,G) Calories 30</p> <p>Orecchiette Pasta \$0.79 Calories 100</p> <p>Chicken Only \$3.99 Calories 310</p>	<p>Mac & Cheese \$0.79 (V) Calories 210</p> <p>Chef's Choice Veggies \$0.79</p>
Sunday	<p>Soup Du Jour \$1.99</p> <p>Tator Tots \$1.75 (V) Calories 352</p>	<p>Beef Stroganoff Tender strips of beef and mushrooms cooked in a creamy mushroom sauce served over noodles with a side of green beans \$5.99 Entrée Calories 407</p> <p>Chicken Chimichanga Chicken, beans and cheese wrapped in a flour tortilla with ranchero sauce and served with Spanish rice and Chef's choice vegetables \$4.99 Entrée Calories 386</p>		<p>Green Beans \$0.79 Calories 40</p> <p>Chef's Choice Veggies \$0.79 Calories</p> <p>Spanish Rice \$0.79 Calories 110</p>	<p>Cajun Roasted Chicken \$3.99 (G) Calories 200</p> <p>Noodles Only \$0.79</p>

(V) indicates dish does not contain meat, fish or poultry

(G) indicates dish is made with ingredients that do not contain gluten

(D) indicates dish is made with ingredients that do not contain dairy

LW indicates the following criteria are met: less than 30% fat calories; less than 600 total calories; less than 700 mg sodium

Stated calories for LW entrees include specified sides, all other entrees include center of the plate item only for more nutritional information please visit our website

<https://my.intermountain.net/pcmc/departments/fn/Pages/Home.aspx>