

# Checkers Café

## February 5th to February 11th

Little Jumping Bean (Main Lobby) frozen yogurt flavor of the week is "Vanilla and Peach Cream".



### Sunday February 5th



Entrée	Moroccan Flank Steak	\$	\$4.99
Sides	Fresh Asian Blend; Fresh Cauliflower		\$1.29
	Mashed Potato; Jasmine Rice		\$1.29
Soup	Two Mushroom Barley		\$2.19/\$2.69
	Meat Chili		\$2.19/\$2.69

### Monday February 6th



Spotlight	*Baguette Bar-Your choice of hot & cold fillings		\$6.65
Entrées	Coconut Crusted Tilapia		\$5.99
	Tofu Chow Mein		\$4.99
Sides	Sicilian Blend; Kale Adobo		\$1.29
	Mashed Potato; Garlic Fried Rice		\$1.29
Soup	Shrimp Bisque		\$2.19/\$2.69
	Meat Chili		\$2.19/\$2.69

### Wednesday February 8th



Spotlight	*Baguette Bar-Your choice of hot & cold fillings		\$6.65
Entrées	Crispy Cod		\$5.99
	Meatless "Beef" and Bean Burrito		\$4.99
Sides	Fresh Broccoli; Fresh Broiled Tomato		\$1.29
	Jasmine Rice; Herbed Orzo		\$1.29
Soup	Italian Spinach and Bean		\$2.19/\$2.69
	Meat Chili		\$2.19/\$2.69

### Friday February 10th



Spotlight	Vietnamese Salad with Chicken or Shrimp		\$6.65
Entrées	Yankee Pot Roast		\$5.75
	Seafood Cake		\$4.99
Sides	Green Beans; Fresh Baby Carrots		\$1.30
	Green Herb Rice; Mashed Potato		\$1.29
Soup	New England Clam Chowder		\$2.19/\$2.69
	Vegan Chili		\$2.19/\$2.69

### Café Hours



Breakfast 6:30 am -9:30 am  
 Snacks 9:30 - 11:00 am; 2:00-4:00 pm  
 Lunch 11:00 am - 2:00 pm  
 Dinner 4:30 pm - 7:30 pm  
 Late Night M-F 11:00 pm - 1:30 am  
 \*Late night closed holidays

Best of Northwest Value Meal

Denotes Meal is also Healthy

Vegetarian Vegan



### Tuesday February 7th



Spotlight	Omelet Bar	\$	\$4.99
Entrées	Seafood Newburg		\$5.99
	Penne Pesto		\$5.75
Sides	Fresh Zucchini and Tomato; Asparagus		\$1.29
	Jasmine Rice; Mashed Potato		\$1.29
Soup	Lemon Chicken		\$2.19/\$2.69
	Garden Vegetable		\$2.19/\$2.69

### Thursday February 9th



Stop by the farmer's market located at the entrance!



Spotlight	Cobb Salad		\$6.65
Entrées	Cajun Gumbo	\$	\$4.99
	Tortilla Crusted Tilapia		\$5.99
Sides	Fresh Acorn Squash; Creole Okra and Tomatoes		\$1.29
	Jasmine Rice; Mashed Potato		\$1.29
Soup	Minnesota Wild Rice		\$2.19/\$2.69
	Artichoke		\$2.19/\$2.69

### Saturday February 11th



Entrées	Baked Ham		\$5.75
	Chicken Breast Paprika		\$4.99
Sides	Peas and Carrots; Succotash		\$1.29
	Mashed Potato; Fresh Baked Yams		\$1.29
Soup	Curried Cream of Zucchini		\$2.19/\$2.69
	Meat Chili		\$2.19/\$2.69



◆◆ All Entrées are Served with Two Side Dishes ◆◆◆ Questions?? Call 206-368-1650 ◆◆