

OFFERED DAILY

LUNCH

SPECIAL OF THE DAY (see calendar menu)

SANDWICHES:

- Tuna Salad
- Egg Salad
- Veggie
- Turkey & Cheese
- Grilled Cheese
- Turkey Wrap

SALADS:

- Chef Salad
- Classic Spinach Salad
- Signature Green Salad
- Chinese Chicken Salad

SOUP:

- Tortilla

PARFAIT:

- Vanilla Yami Yogurt (Lactose Free)
with Berries & Granola - \$7.00

SMOOTHIE:

- Freshly Made 12 oz Strawberry Banana
Smoothie \$5.00

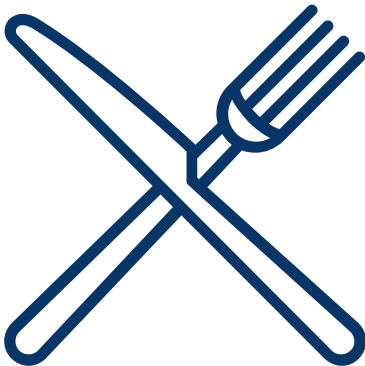


BRING YOUR
Own
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FOR MORE INFO

A small illustration of a bowl of soup with a spoon and steam rising from it.



Menu subject to change based on product availability.



2025-2026
GGUSD

APPLE CART
CAFE MENU



DAILY LUNCH SPECIALS

OCTOBER 2025



MON

TUES

WED

THURS

FRI



6 **Soup:** Tortilla
Salad: The Apple Cart
Entree: Cajun Blackened Chicken Sandwich or *Protein Style
Served with Cheese Bread and Side of Potato Salad

13 **Soup:** Tortilla
Salad: Taco
Entree: Southwest Rice Bowl
Spanish Rice, Black Beans, Corn, Diced Chicken, Cheese, Cilantro & Red Salsa

20 **Soup:** Tortilla
Salad: The Apple Cart
Entree: Arroz con Pollo
Steamed Vegetables
Served w/ Dinner Roll

27 **Soup:** Tortilla
Salad: The Apple Cart
Entree: Pork Pozole Bowl
Served with Radish, Cabbage, Lime, Chopped Onion, Oregano & Avocado
Served w/ Bag of Tortilla Chips

7 **Soup:** Butternut Squash
Salad: Classic Mexican Summer w/ Lime Dressing
Entree: Homemade Chicken & Rice Burrito
Served w/ Pico de Gallo, Rice, Refried Beans & Tortilla Chips

14 **Soup:** Carrot
Salad: Cranberry Chicken on Ciabatta Bread
Entree: Caprese Chicken
Topped w/ Mozzarella, Tomato, Fresh Basil, and Drizzle of Balsamic Glaze. Served w/ Rice Pilaf

21 **Soup:** Italian Wedding
Salad: Southwest
Entree: Tuscan Chicken with Rotini Pasta
Cherry Tomatoes, Spinach, Heavy Cream w/ Cheese Breadstick

28 **Soup:** Toscana
Salad: Taco
Entree: Spaghetti with Meat or Marinara Sauce
Served with Green Salad and Homemade Garlic Bread

1 **Soup:** Tortilla
Salad: Asian Chicken Slaw
Entree: Beef or Turkey Burger
Served on Brioche Bun or Protein Style w/ Tomato, Lettuce, Onion, Potato Wedges and Fresh Fruit

8 **Soup:** Tortilla
Salad: Greek
Entree: Bone-In Chicken Wings
w/ BBQ or Buffalo Sauce, Potato Salad, Celery and Carrot Sticks w/ Ranch Dressing & Mini Carrot Cake

15 **Soup:** Tortilla
Salad: Arugula, Dried Cranberry, Grape w/ Feta Cheese
Entree: Teriyaki Hawaiian Burger w/ Pineapple Ring, Provolone Cheese, Teriyaki Sauce and Bag of Chips

22 **Soup:** Tortilla
Entree: Chicken Pho Soup
\$9.00
Served w/ Bok Choy, Basil, Green Onions, Lime, Cilantro, Jalapeños, Hoisin Sauce & Chili Sauce

29 **Soup:** Tortilla
Salad: Italian Pasta
Entree: Baked Greek Chicken with Potatoes, Seasoned with Greek Spices and Lemon
Served with a Side Salad

2 **Soup:** Albondigas
Salad: Taco
Entree: Breakfast for Lunch
Potato, Sausage or Bacon Burrito Filled w/ Egg and Cheese
Served w/ Iced Coffee

9 **Soup:** Asian Dumpling
Salad: Southwest
Entree: Teriyaki Chicken
Served with Garlic Noodles, Green Onions & Veggies

16 **Soup:** French Onion
Salad: Asian Chicken Slaw
Entree: Carnitas Tacos (2)
Homemade Carnitas w/ Corn Tortillas - Served with Pico de Gallo, Cilantro, Onion, & Side Green Salad

23 **Soup:** Chicken Rice
Salad: Classic Mexican Summer w/ Lime Dressing
Entree: Green Chicken Enchiladas
Served with Refried Beans, Mexican Rice & Red Salsa

30 **Soup:** Beef Barley
Salad: BBQ Chicken
Entree: Baked Potato
Choice of Steamed Broccoli/ Carrots & Cheddar Cheese or Chili Beans w/ Green Onions

3 **Soup:** Tortilla
Apple, Cheese & Fig Jam Panini
Assorted Salads and Boar's Head Deli Meat Sandwiches
Gluten Free Bread available upon request

10 **Soup:** Tortilla
Apple, Cheese & Fig Jam Panini
Assorted Salads and Boar's Head Deli Meat Sandwiches
Gluten Free Bread available upon request

17 **Soup:** Tortilla
Apple, Cheese & Fig Jam Panini
Assorted Salads and Boar's Head Deli Meat Sandwiches
Gluten Free Bread available upon request

24 **Soup:** Tortilla
Apple, Cheese & Fig Jam Panini
Assorted Salads and Boar's Head Deli Meat Sandwiches
Gluten Free Bread available upon request

31 **Soup:** Tortilla
Apple, Cheese & Fig Jam Panini
Assorted Salads and Boar's Head Deli Meat Sandwiches
Gluten Free Bread available upon request



Café Pricing:

Soup Bowl: \$6.00

Soup Cup: \$4.50

Whole Sandwich: \$7.00

1/2 Sandwich: \$3.50

Regular Salad: \$7.50

Petite Salad: \$6.50

Soda, Water or Iced Tea: \$1.25

Chips: \$1.25



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For more information about our menus, please visit:
gardengrove.healtheliving.net

This institution is an equal opportunity provider.



All entrees are \$7.00 unless indicated.

Iced Tea or Spa Water
Included with Purchase of an Entrée