chartwells
serving up happy & healthy

OCTOBER ADULT MENU

**Orders must be emailed *by 8:30 am* to ensure timely delivery. Email hcslunch@harrisonschools.com
Please remember that we will try to honor your special requests, but they are not guaranteed.**

***Add These On To Any Lunch Order*:**
8 oz Cup of Soup – Broccoli Cheddar Cheese, Twice Baked Potato, or Chicken Noodle - **$3.00**

Bottle of Pop or Water – Coke, Diet Coke, Pepsi, Diet Pepsi, Mt Dew, Diet Mt Dew, or Plain Water - **$1.50**
Jumbo Chocolate Chip Cookie - $1.50

DAILY SPECIALS
*Fresh Chef Salad
*Chicken Caesar Salad
****KETO* – Cobb Salad with KETO Ranch**
****KETO* – Lunchable**
****7" Personal Pizza* - with two toppings and a bag of chips**

16" PIZZA – Our *WHITE* pizza crust is topped with your choice of toppings. Your choice of favorite toppings are pepperoni, ham, sausage, bacon, green olives, mushrooms, green peppers, onions, mild pepper rings, and pineapple

Monday	Tuesday	Wednesday	Thursday	Friday
Traverse City Cherry Cranberry Salad **Fresh colorful spinach and romaine lettuce are topped with diced chicken, dried cherries, dried cranberries, toasted pecans, and feta cheese. This salad is served with raspberry dressing and a slice of sweet bread** ***Chicken Fettuccine Alfredo*** **A rich and creamy alfredo sauce is topped with plenty of garlic butter sautéed chicken before being placed on top of a tender bed of Italian seasoned fettuccini noodles. We smother it with parmesan cheese before placing steamed broccoli and a garlic toast on the side**	***KETO Chili and Cornbread*** **A low carb KETO chili made with ground beef, onions, diced green peppers, minced jalapenos, diced tomatoes, chili powder, and cumin is simmered together to get a healthy, tummy-warming lunch. We top this 12 oz cup of chili with shredded cheddar cheese and serve it with a slice of KETO cornbread** ***Asian Chicken Salad Wrap*** **Diced chicken, shredded cole slaw, sunflower seeds, toasted sliced almonds, crunchy ramen noodles, chopped green onions, and diced red onions is all tossed together in a vinegar-based dressing before being placed in a garlic wrap. Spicy Asian cucumbers are served on the side as well as a bag of chips**	***Strawberry Chicken Salad*** **A colorful combination of red-ripe strawberries, mandarin oranges, and pineapple tidbits is tossed with crisp romaine lettuce and tender spinach leaves. Poppyseed dressing, sweet cinnamon walnuts, and grilled chicken round out this yummy salad with a slice of sweet bread** ***KETO Garlicky Pork Loin*** **We simmer this sliced pork loin in a parmesan, garlic, spinach, and mushroom cream sauce until all the flavors are married together before placing it next to our traditionally seasoned KETO bread and sausage stuffing. Both of these are dressed with finely grated parmesan cheese before serving. To make this meal complete we serve it with steamed green beans**	***Indonesian Peanut Chicken Salad*** **Fresh romaine lettuce, shredded cabbage, and baby spinach are topped with an Indonesian marinated chicken breast, diced tomatoes, sliced cucumbers, green onions, and chopped roasted peanuts. This salad is served with a lightly spiced ranch dressing, and a slice of sweet bread** ***French Dip Sandwich*** **We stack thinly sliced roast beef, top it with aged swiss and provolone cheeses, then warm it to perfection on a freshly baked sub bun, and pair it with our homemade au jus. Accompanied by a bag of chips and a white chocolate macadamia nut cookie**	***BBQ Chicken Salad*** **Tender pieces of diced chicken, crisp corn, diced red bell peppers, chopped celery, and diced green onions are all tossed in a sweet BBQ sauce mixture then placed on top of a bed of crisp romaine lettuce. This is served with a bag of baked scoops (sorry we cannot omit any items)** ***Grilled Chicken Cordon Bleu Flatbread*** **A fresh, soft flatbread filled with a seasoned chicken breast, thinly sliced ham, and swiss cheese is then grilled panini-style. Served with a bag of chips, mayo honey mustard on the side, plus a small cookie**