



Weekly Menu and Nutrition Information



<i>Week 1</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Soup Du Jour	Tomato Basil Bisque Chicken & Rice	Tomato Basil Bisque Chicken & Rice	Curry Lentil Split Pea & Ham	Chicken Tortilla Veggie Tortilla	Chefs Choice
Entrée	Fried Chicken	BBQ DAY	Chimichurri Flank Steak	Chicken Enchilada's	Chefs Choice
<i>Nutrition Information</i>	Cal. 750-Fat-35g-Sat Fat- 10g-Protien 29g	Varies	Cal. 450-Fat-13.5g-Sat. Fat- 6g-Protien-36g	(Each)Cal. 231-Fat-15g-Sat. Fat-8g Protien-13g	Cal. 290-Fat-10g Sat. Fat-2g Protien-23g
Vegetarian Entrée	Sweet and Sour Tofu	Mac and Cheese	Cauliflower Steaks	Vegetable Enchilada	Chefs Choice
<i>Nutrition Information</i>	Cal. 259 Fat-4.7-Sat. Fat-7g- Protien-15g	Cal. 490-Fat-30g Sat. Fat- 13g Protien-17g	Cal. 210-Fat 5g-Sat. Fat-3g- Protien-4g	(Each)Cal. 154-Fat-6g-Sat. Fat-2g Protien-5g	Cal. 245 Fat-7-Sat. Fat-2g- Protien-12g
<i>Nutritional information is based on standardized recipes and may vary. Please</i>					
<i>consult with one of our staff if you have food allergies or dietary restrictions.</i>					