



Weekly Menu and Nutrition Information



<i>Week 4</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Soup Du Jour	Chicken & Rice Potato Ale Gruyere	Chicken & Rice Potato Ale Gruyere	Pesto Primavera Italian Wedding	Chicken Tortilla Veggie Tortilla	Chefs Choice
Entrée	Teriyaki Beef Stir Fry w/Fried Rice & Egg roll	BBQ Sausage,ChickenT urkey	Catch of the Day	Chicken Enchilada's	Chefs Choice
<i>Nutrition Information</i>	Cal. 368-Fat-24g-Sat Fat- 10g-Protien 24g	Varies	Cal. 260-Fat-13.5g-Sat. Fat- 6g-Protien-36g	(Each)Cal. 231-Fat-15g-Sat. Fat-8g Protien-13g	
Vegetarian Entrée	Vegetarian Stir Fry w/Fried Rice & Egg roll	Mac and Cheese	Vegetable Primavera Alfredo	Vegetable Enchilada	Chefs Choice
<i>Nutrition Information</i>	Cal. 275 Fat-8-Sat. Fat-4g- Protien-18g	Cal. 490-Fat-30g Sat. Fat- 13g Protien-17g	Cal. 435-Fat 9g-Sat. Fat-5g- Protien-14g	(Each)Cal. 154-Fat-6g-Sat. Fat-2g Protien-5g	

Nutritional information is based on standardized recipes and may vary. Please

consult with one of our staff if you have food allergies or dietary restrictions.