



## Weekly Menu and Nutrition Information



| <i>Week 1</i>                | <i>Monday</i>                                   | <i>Tuesday</i>                                    | <i>Wednesday</i>                                   | <i>Thursday</i>                                       | <i>Friday</i> |
|------------------------------|---|---|--|---|---------------|
| <i>Soup Du Jour</i>          | Tomato Basil<br>Chicken Noodle                  | Tomato Basil<br>Chicken Noodle                    | ry Lentil<br>Mushroom<br>Barley<br>Meatball        | Chicken<br>Tortilla<br>Veggie<br>Tortilla             | Chefs Choice  |
| <i>Entrée</i>                | Tortellini Al<br>Forno                          | BBQ DAY<br>Brisket<br>Chicken                     | Red Curry<br>w/Chicken &<br>Basamati Rice          | Chicken<br>Enchilada's                                | Chefs Choice  |
| <i>Nutrition Information</i> | Cal. 400-Fat-25g-<br>Sat Fat-14g-Protien<br>15g | Cal. 750-Fat-32g-<br>Sat Fat-7.5g-<br>Protien-33g | Cal. 450-Fat-13.5g-<br>Sat. Fat-6g-Protien-<br>36g | (Each)Cal. 231-Fat-<br>15g-Sat. Fat-8g<br>Protien-13g | Chefs Choice  |
| <i>Vegetarian Entrée</i>     | Vegan Baked<br>Ziti                             | Faux BBQ<br>Burnt Ends(v)                         | Red Curry<br>w/Faux Beef &<br>Basamati Rice        | Vegetable<br>Enchilada                                | Chefs Choice  |
| <i>Nutrition Information</i> | Cal. 30 Fat-12.7-Sat.<br>Fat-8g-Protien-9g      | Cal. 490-Fat-30g<br>Sat. Fat-13g<br>Protien-17g   | Cal. 210-Fat 5g-Sat.<br>Fat-3g-Protien-4g          | (Each)Cal. 154-Fat-<br>6g-Sat. Fat-2g<br>Protien-5g   | Chefs Choice  |

*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.*