



## Weekly Menu and Nutrition Information



<i>Week 3</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Soup Du Jour	Seafood Bisque	Seafood Bisque	Moroccan Chickpea	Chicken Vegetable	Chefs Choice
Entrée	Meat Lasagna	BBQ Day	Shrimp Scampi	Chicken Enchilada's	Chefs Choice
<i>Nutrition Information</i>	Cal. 534-Fat-18g-Sat Fat-7g-Protien 23g	Cal. 350-Fat-22g-Sat Fat-7.5g-Protien-33g	Cal. 260-Fat-13.5g-Sat. Fat-6g-Protien-36g	(Each)Cal. 231-Fat-15g-Sat. Fat-8g Protien-13g	
Vegetarian Entrée	Vegetable Lasagna (v)	Faux BBQ Burnt Ends(v)	Mushroom & Lentil Bolognes(v)	Vegetable Enchilada (v)	Chefs Choice
<i>Nutrition Information</i>	Cal. 445 Fat-12.7-Sat. Fat-8g-Protien-22.5g	Cal. 490-Fat-30g Sat. Fat-13g Protien-17g	Cal. 220-Fat 14g-Sat. Fat-3g-Protien-8g	(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.*