



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	♥ Vegetable	Cream of Broccoli	Chefs Choice	Chicken Fiesta	Chefs Choice
Entrée	Chicken Mole	Beef and Broccoli	Chicken Parmesan	Chicken Enchilada's	Chefs Choice
<i>Nutrition Information</i>	Cal. 610 Fat-34g-Sat Fat-15g-Protien 48g	Cal. 470-Fat-12g-Sat Fat-6g-Protien-51g	Cal. 750-Fat-17g-Sat. Fat-4.5g-Protien-42g	(2)Cal. 624-Fat-22g-Sat. Fat-9g Protein 38g	
Vegetarian Entrée	♥ Vegetarian Korma	Mac and Cheese	Eggplant Parmesan	Vegetable Enchilada	Chefs Choice
<i>Nutrition Information</i>	Cal. 465 Fat-31-Sat. Fat-12g-Protien-9g	Cal. 490-Fat-30g Sat. Fat-13g Protien-17g	Cal. 450-Fat 20.7g-Sat. Fat-8g-Protien-30g	(2)Cal. 356-Fat-13g-Sat. Fat-5g Protien-14.7g	
Grill Special	Grilled Rib Eye Steak Sandwich	Grilled Rib Eye Steak Sandwich	Grilled Balsamic Portobello Mushroom & Cheese On Brioche	Grilled Balsamic Portobello Mushroom & Cheese On Brioche	Chili Cheese Dogs
<i>Nutrition Information</i>	Cal.625-Fat-32g-Sat at-7g-Protien-37g	Cal.625-Fat-32g-Sat at-7g-Protien-37g	Cal.446-Fat-24-Sat. Fat-2-g-Protien-21.4g	Cal.446-Fat-24-Sat. Fat-2-g-Protien-22g	

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.



Healthy Options



