



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	♥ Vegetable Gumbo	Texas Chili	Chefs Choice	Chicken Fiesta	Chefs Choice
Entrée	Chicken Tomatillo	Chicken Ranchero	Baked Meatloaf	Chicken Enchilada's	Chefs Choice
<i>Nutrition Information</i>	Cal. 425 Fat-18g-Sat Fat-7g-Protien 41g	Cal. 660-Fat-21g-Sat Fat-12g-Protien-29g	Cal. 395-Fat-22g-Sat. Fat-7.5g-Protien-33g	(2)Cal. 624-Fat-22g-Sat. Fat-9g Protein 38g	
Vegetarian Entrée	♥ Southwest Vegetable Pasta	Cheese Tortellini w/ Sun Dried Tomato in a Cream Sauce	Vegetable Stir Fry	Vegetable Enchilada	Chefs Choice
<i>Nutrition Information</i>	Cal. 259 Fat-4.7-Sat. Fat-7g-Protien-7g	Cal. 490-Fat-30g Sat. Fat-13g Protien-17g	♥ Cal. 275-Fat 9g-Sat. Fat-1.3g-Protien-19g	(2)Cal. 356-Fat-13g-Sat. Fat-5g Protien-14.7g	
Grill Special	Shrimp Po-Boy	Shrimp Po-Boy	Korean Pork Tacos	Korean Pork Tacos	Chili Cheese Dogs
<i>Nutrition Information</i>	Cal.655-Fat-23g-Sat Fat-17g- Protien-31g	Cal.655-Fat-23g-Sat Fat-17g- Protien-31g	♥ Cal.399-Fat-15-Sat.Fat-4-g-Protien-51g	Cal.399-Fat-15-Sat.Fat-4-g-Protien-51g	

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



