



Weekly Menu and Nutrition Information



<i>Week 1</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Soup Du Jour	Tomato Basil Bisque Chicken & Rice	Tomato Basil Bisque Chicken & Rice	Curry Lentil Split Pea & Ham	Chicken Tortilla Veggie Tortilla	Chefs Choice
Entrée	Sumac Chicken	BBQ Brisket, Sausage Catfish	Beef & Potato Galette	Chicken Enchilada's	Crispy Cod Filet w/ Lemon Orzo
<i>Nutrition Information</i>	Cal. 750-Fat-35g-Sat Fat- 10g-Protien 29g	Cal. 350-Fat-22g-Sat Fat- 7.5g-Protien-33g	Cal. 450-Fat-13.5g-Sat. Fat- 6g-Protien-36g	(Each)Cal. 231-Fat-15g-Sat. Fat-8g Protien-13g	Cal. 290-Fat-10g Sat. Fat-2g Protien-23g
Vegetarian Entrée	Lentil & Eggplant Stew	Mac and Cheese	Grilled Vegetable & Potato Galette	Vegetable Enchilada	Vegetable Quiche
<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	Cal. 245 Fat-7-Sat. Fat-2g- Protien-12g
<i>Nutritional information is based on standardized recipes and may vary. Please</i>					
<i>consult with one of our staff if you have food allergies or dietary restrictions.</i>					