



Weekly Menu and Nutrition Information



<i>Week 2</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Soup Du Jour	Italian Wedding Corn Poblano Chowder	Italian Wedding Corn Poblano Chowder	Potato Bacon Garden Vegetable Orzo	Chicken Tortilla Veggie Tortilla	Chefs Choice
Entrée	Chicken or Shrimp Alfredo	BBQ Brisket,Sausage, Ribs	Jamaican Jerk Pork Chops	Chicken Enchilada's	BBQ Frito Pie
<i>Nutrition Information</i>	Cal. 750-Fat-17g-Sat Fat- 4.5g-Protien 42g	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	Fettuccine Alfredo	Mac and Cheese	Jamaican Sweet Potato Casserole	Vegetable Enchilada	Vegetarian BBQ Frito Pie
<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.