



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	Garden Vegetable Crab Bisque	Garden Vegetable Crab Bisque	Shrimp Bouillabaise	Chicken Tortilla Vegetable Tortilla	Chefs Choice
Entrée	Roasted Chicken w/Artichokes	BBQ Day	Sausage & Peppers	Chicken Enchilada's	Fish & Chips
<i>Nutrition Information</i>	Cal. 750-Fat-35g-Sat Fat-10g-Protien 29g	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	Cal. 220-Fat 14g-Sat. Fat-3g-Protien-8g
Vegetarian Entrée	Grilled Vegetable Risotto	Mac and Cheese	EggPlant Paremesean	Vegetable Enchilada	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	Cal. 350-Fat-22g-Sat Fat-7.5g-Protien-33g
<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>					