



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	Chicken & Rice Potato Ale Gruyere	Chicken & Rice Potato Ale Gruyere	Pesto Primavera Italian Wedding	Chicken Tortilla Veggie Tortilla	Chefs Choice
Entrée	Beef Bourguignon	BBQ Sausage,Chicken, Turkey	Beef Lasagna Side Salad & Garlic Toast	Chicken Enchilada's	Salmon Croquet w/ Dill Cream
<i>Nutrition Information</i>	Cal. 462-Fat-42g-Sat Fat- 15g-Protien 33g	Cal. 750-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	Sundried Tomato & Alfredo Penne	Mac and Cheese	Vegetable Lasagna Side Salad & Garlic Toast	Vegetable Enchilada	Vegetable Croquet w/ Dill Cream
<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.