



Weekly Menu & Nutrition Information



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Soup Du Jour	♥ Ministrone	♥ Chicken Noodle	Tomato Bisque	Chicken Fiesta	Chefs Choice
Entree	Sausage and Shrimp Jambalaya	BBQ Pork Ribs/ Sausage	Chicken Parmesan	Chicken Enchilada's	Crabmeat Stuffed Flounder
<i>Nutrition Information</i>	Cal. 450-Fat-8.8g-Sat Fat-3.5g-Protien 14g	Cal. 580-Fat-27g-Sat Fat-12g-Protien 24g	Cal. 750-Fat-17g-Sat Fat-4.5g-Protien 42g	(2)Cal. 624-Fat-22g-Sat Fat-9g-Protien 38g	Cal. 425-Fat-12g-Sat Fat-5.5g-Protien 40g
Vegetarian Entree	♥ Southwest Vegetarian Pasta	Mac and Cheese	Cheese Lasagna	Vegetable Enchilada's	Chefs Choice
<i>Nutrition Information</i>	Cal. 259-Fat-4.7g-Sat Fat-2g-Protien 7g	Cal. 490-Fat-30g-Sat Fat-13g-Protien 17g	Cal. 445-Fat-12.7g-Sat Fat-9g-Protien 22g	(2)Cal. 356-Fat-13g-Sat Fat-5g-Protien 14.7g	
Grilled Special	Grilled Reuben on Rye	Grilled Reuben on Rye	♥ Buffalo Chicken Sliders	♥ Buffalo Chicken Sliders	Chili Cheese Dogs
<i>Nutrition Information</i>	Cal. 525-Fat-23.g-Sat Fat-10g-Protien 11g	Cal. 525-Fat-23.g-Sat Fat-10g-Protien 11g	Cal. 630-Fat-35g-Sat Fat-7g-Protien 34g	Cal. 630-Fat-35g-Sat Fat-7g-Protien 34g	

♥ Healthy Options ♥




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Weekly Menu & Nutrition Information



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Soup Du Jour	Cheddar Ham	Texas Chili	Chefs Choice	Chicken Fiesta	Chefs Choice
Entree	Bone in Center Cut Pork Loin	BBQ Beef Brisket	 Lemon Thyme Chicken	Chicken Enchilada's	Chefs Choice
<i>Nutrition Information</i>	Cal. 490-Fat-23.5g-Sat Fat-7g-Protien 25g	Cal. 575-Fat-31g-Sat Fat-11g-Protien 35g	Cal. 350-Fat-11g-Sat Fat-6g-Protien 29g	(2)Cal. 624-Fat-22g-Sat Fat-9g-Protien 38g	Cal. 425-Fat-12g-Sat Fat-5.5g-Protien 40g
Vegetarian Entree	 Greek Tofu and Rice	Vegetarian Frito Pie	 Spaghetti Squash Casserole	Vegetable Enchilada's	Chefs Choice
<i>Nutrition Information</i>	Cal. 220-Fat-14.g-Sat Fat-5g-Protien 8g	Cal. 339-Fat-4.g-Sat Fat-2g-Protien 11g	Cal. 250-Fat-17g-Sat Fat-5g-Protien 16g	(2)Cal. 356-Fat-13g-Sat Fat-5g-Protien 14.7g	
Grilled Special	Shrimp Tacos	Shrimp Tacos	Sloppy Joe	Sloppy Joe	Chili Cheese Dogs
<i>Nutrition Information</i>	Cal. 440-Fat-19.g-Sat Fat-4g-Protien 27g	Cal. 440-Fat-19.g-Sat Fat-4g-Protien 27g	Cal. 400-Fat-14g Sat Fat-8g-Protien 28g	Cal. 400-Fat-14g Sat Fat-8g-Protien 28g	

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Soup Du Jour	♥ French Onion	♥ Hot and Sour Soup	Chefs Choice	Chicken Fiesta	Chefs Choice
Entree	♥ Honey Mustard Chicken	Beef and Broccoli	Corned Beef And Cabbage	Chicken Enchilada's	Chefs Choice
<i>Nutrition Information</i>	Cal. 320-Fat-11.5g-Sat Fat-6g-Protien 38g	Cal. 470-Fat-12g-Sat Fat-6g-Protien 51g	Cal. 750-Fat-17g-Sat Fat-4.5g-Protien 42g	(2)Cal. 624-Fat-22g-Sat Fat-9g-Protien 38g	Cal. 425-Fat-12g-Sat Fat-5.5g-Protien 40g
Vegetarian Entree	♥ Coconut Tofu	Cheese Manicotti	♥ Portobelo Ropa Vieja	Vegetable Enchilada's	Chefs Choice
<i>Nutrition Information</i>	Cal. 465-Fat-31.g-Sat Fat-12g-Protien 9g	Cal. 316-Fat-14.g-Sat Fat-8g-Protien 14g	Cal. 260-Fat 8.7g-Sat Fat-4g-Protien 18g	(2)Cal. 356-Fat-13g-Sat Fat-5g-Protien 14.7g	
Grilled Special	Grilled Rib Eye Steak Sandwich	Grilled Rib Eye Steak Sandwich	Korean Pork Tacos	Korean Pork Tacos	Chili Cheese Dogs
<i>Nutrition Information</i>	Cal. 625-Fat-32.g-Sat Fat-7g-Protien 37g	Cal. 625-Fat-32.g-Sat Fat-7g-Protien 37g	Cal. 399-Fat-15g Sat Fat-4g-Protien 51g	Cal. 399-Fat-15g Sat Fat-4g-Protien 51g	

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Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Soup Du Jour	♥ Italian Wedding	Asian Mushroom ♥	Chefs Choice	Chicken Fiesta	Chefs Choice
Entree	Chicken Tomatillo	Chicken Parmesan	Carved London Broil au jus	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. 390-Fat-22g-Sat Fat-9g-Protien 21g	(2)Cal. 624-Fat-22g-Sat Fat-9g-Protien 38g	Cal. 425-Fat-12g-Sat Fat-5.5g-Protien 40g
Vegetarian Entree	♥ Sweet and Sour Tofu	Cheese Tortellini w/Sun Dried Tomato in Cream Sauce	♥ Penna Pasta w/ Roasted Vegetables	Vegetable Enchilada's	Chefs Choice
<i>Nutrition Information</i>	Cal. 259-Fat-4.7.g-Sat Fat-7g-Protien 7g	Cal. 490-Fat-30.g-Sat Fat-13g-Protien 17g	Cal. 250-Fat-9g-Sat Fat-1.3g-Protien 19g	(2)Cal. 356-Fat-13g-Sat Fat-5g-Protien 14.7g	
Grilled Special	Shrimp Po-Boy	Shrimp Po-Boy	♥ Southwest Burger Wrap	♥ Southwest Burger Wrap	Chili Cheese Dogs
<i>Nutrition Information</i>	Cal. 655-Fat-23.g-Sat Fat-17g-Protien 31g	Cal. 655-Fat-23.g-Sat Fat-17g-Protien 31g	Cal. 389-Fat-11g Sat Fat-4g-Protien 31g	Cal. 389-Fat-11g Sat Fat-4g-Protien 31g	

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