Weekly Menu and Nutrition Information

Week 1	*Monday*	*Tuesday*	*Wednesday*	*Thursday*	*Friday*
Soup Du Jour	Minestrone	Navy Bean	Italian Wedding	Chicken Fiesta	Chefs Choice
Entrée	Roast Turkey and Cranberry Stuffing	BBQ Pork Ribs/ Sausage	Chicken Parmesan	Chicken Enchilada's	Crabmeat Stuffed Flounder
Nutrition Information	Cal. 260-Fat-13.5g-Sat Fat-6g-Protien 24g	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 Protein 38g	Cal. 425-Fat-12g-Sat. Fat-5.5g-Protien-40g
Vegetarian Entrée	Vegetable Risotto	Mac and Cheese	Cheese Lasagna	Vegetable Enchilada	Chefs Choice
Nutrition Information	Cal. 237 Fat-7-Sat. Fat-6g-Protien-6g	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	
Grill Special	Grilled Reuben on Rye	Grilled Reuben on Rye	Greek Turkey Burger	Greek Turkey Burger	Chili Cheese Dogs
Nutrition Information	Cal. 525-Fat-23g-Sat Fat-10g- Protien-11g	Cal. 525-Fat-23g-Sat Fat-10g- Protien-11g	Cal. 426-Fat-21-Sat. Fat-5g-Protien-43g	Cal. 426-Fat-21-Sat. Fat-5-g-Protien-43g	

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.

Healthy Options