



# Weekly Menu and Nutrition Information



<i>Week 1</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Soup Du Jour	♥ Minestrone	♥ Navy Bean	Chefs Choice	Chicken Fiesta	Chefs Choice
Entrée	Chicken Picata ♥	Baked Meatloaf	Chicken Parmesan	Chicken Enchilada's	Fish and Chips
<i>Nutrition Information</i>	Cal. 300-Fat-9g-Sat Fat-6g-Protien 24g	Cal. 375-Fat-21g-Sat Fat-11g-Protien-27g	Cal. 750-Fat-17g-Sat. Fat-4.5g-Protien-42g	(2)Cal. 624-Fat-22g-Sat. Fat-9g Protein 38g	Cal. 752-Fat-51g-Sat. Fat-4.5g-Protien-33g
Vegetarian Entrée	Vegetable Risotto ♥	Mac and Cheese	Cheese Lasagna	Vegetable Enchilada	Chefs Choice
<i>Nutrition Information</i>	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	Shrimp Po-Boy	Shrimp Po-Boy	Falafel in Pita Wrap Tzatziki Sauce (V)	Falafel in Pita Wrap Tzatziki Sauce (V)	Chili Cheese Dogs
<i>Nutrition Information</i>	Cal. 658-Fat-23g-Sat Fat-17g- Protien-31g	Cal. 658-Fat-23g-Sat Fat-17g- Protien-31g	Cal. 340-Fat-11-Sat. Fat-2-♥ g-Protien-17g	Cal. 340-Fat-11-Sat. Fat-2-♥ g-Protien-17g	

*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



