



# 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	♥ French Onion	Italian Wedding	Chefs Choice	Chicken Fiesta	Chefs Choice
Entrée	Roast Turkey and Cranberry	BBQ Pork Ribs and Sausage	Carved London Broil au jus	Chicken Enchilada's	Chefs Choice
<i>Nutrition Information</i>	Cal. 280 Fat-8.2g-Sat Fat-7g-Protien 18g	Cal. 580-Fat-27g-Sat Fat-12g-Protien-24g	Cal. 390-Fat-22g Sat Fat 9g Protein-19g	(2)Cal. 624-Fat-22g-Sat. Fat-9g Protein 38g	
Vegetarian Entrée	♥ Sweet and Sour Tofu	Mac and Cheese	Eggplant Parmesan	Vegetable Enchilada	Chefs Choice
<i>Nutrition Information</i>	Cal. 325 Fat-9-Sat. Fat-2.3g-Protien-19g	Cal. 490-Fat-30g Sat. Fat-13g Protien-17g	Cal. 450-Fat 20.7g-Sat. Fat-8g-Protien-30g	(2)Cal. 356-Fat-13g-Sat. Fat-5g Protien-14.7g	
Grill Special	♥ Greek Turkey Burger	♥ Greek Turkey Burger	Grilled Balsamic Portobello Mushroom & Cheese On Brioche	Grilled Balsamic Portobello Mushroom & Cheese On Brioche	Chili Cheese Dogs
<i>Nutrition Information</i>	Cal.426-Fat-21g-Sat Fat-5g- Protien-43g	Cal.426-Fat-21g-Sat Fat-5g- Protien-43g	Cal.446-Fat-24-Sat. Fat-2-g-Protien-21.4g	Cal.446-Fat-24-Sat. Fat-2-g-Protien-22g	

*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



