



Weekly Menu and Nutrition Information



<i>Week 1</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Breakfast Special	Avocado Toast	French Toast	Omelette Bar	Longhorn Slam	Chefs Choice
<i>Nutrition Information</i>	Cal.600-Fat-10g-Carb.20g-Protien 20g	Cal.675-Fat-22g-Sat Fat-10g-Protien-39g	Cal. 260-Fat-13.5g-Sat. Fat-6g-Protien-36g	(Each)Cal. 231-Fat-15g-Sat. Fat-8g Protien-13g	
Soup Du Jour	5 SpiceChicken Noodle Hot & Sour	5 SpiceChicken Noodle Hot & Sour	Curry Lentil Crab Bisque	Chicken Tortilla Veggie Tortilla	Chefs Choice
<i>Nutrition Information</i>	(5 Spice)Cal.174-Fat-5g-Carb.16g-Protien 18g (Hot & Sour) Cal.101-Fat-5g-Carb.8g-Protien 8g	(5 Spice)Cal.174-Fat-5g-Carb.16g-Protien 18g (Hot & Sour) Cal.101-Fat-5g-Carb.8g-Protien 8g	(Curry)Cal.174-Fat-5g-Carb.16g-Protien 18g (Crab) Cal.101-Fat-5g-Carb.8g-Protien 8g	(Ckn Tort)Cal.174-Fat-5g-Carb.16g-Protien 18g (Veg Tort) Cal.101-Fat-5g-Carb.8g-Protien 8g	
Entrée	Chicken or Shrinp Fried Rice	2 Meat BBQ Plate	Cod Vera Cruz	Chicken Enchilada's	Chefs Choice
<i>Nutrition Information</i>	Cal.600-Fat-10g-Carb.20g-Protien 20g	Cal.675-Fat-22g-Sat Fat-10g-Protien-39g	Cal. 260-Fat-13.5g-Sat. Fat-6g-Protien-36g	(Each)Cal. 231-Fat-15g-Sat. Fat-8g Protien-13g	
Vegetarian Entrée	Tofu Vegetable Fried Rice	Grilled Vegetable Skewers	Grilled Tofu Vera Cruz	Vegetable Enchilada	Chefs Choice
<i>Nutrition Information</i>	Cal.250 Fat-7 Carb.35g-Protien-12g	Cal.60-Fat-2g Sat.Fat-0g Carb.9g Protien-2g	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.