



Weekly Menu and Nutrition Information



<i>Week 2</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. 410-Fat-12g-Sat Fat-4g-Protien-36g	Cal. 410-Fat-12g-Sat Fat-4g-Protien-36g	Cal. 306-Fat-11.7-Sat. Fat-3g-Protien-20g	Cal. 306-Fat-11.7-Sat. Fat-3g-Protien-20g	
Soup Du Jour	Jamaican Chicken Soup Roasted Red Pepper	Jamaican Chicken Soup Roasted Red Pepper	Potato Bacon French Onion	Chicken Tortilla Veggie Tortilla	Chefs Choice
<i>Nutrition Information</i>	(Jamaican) Cal.174-Fat-5g-Carb.16g-Protien 18g (Red Pepper) Cal.101-Fat-5g-Carb.8g-Protien 8g	(Jamaican) Cal.174-Fat-5g-Carb.16g-Protien 18g (Red Pepper) Cal.101-Fat-5g-Carb.8g-Protien 8g	(Potato) Cal.174-Fat-5g-Carb.16g-Protien 18g (French On) 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	Jerk Chicken Drumstick	2 Meat BBQ Plate	Salt & Pepper Shrimp w/Creamy Polenta	Chicken Enchilada's	Chefs Choice
<i>Nutrition Information</i>	Cal.250-Fat-12g-Carb.2g-Protien 20g	Cal.675-Fat-22g-Sat Fat-10g-Protien-39g	Cal.300-Fat-7g-Sat. Fat-1g-Protien-24g	(Each)Cal. 231-Fat-15g-Sat. Fat-8g Protien-13g	
Vegetarian Entrée	Plantains, Rice & Peas	Grilled Vegetable Skewers	Lentil Stuffed Peppers	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. 210-Fat-5g-Sat. Fat-1g-Protien-22g	(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.