

	Weekly Menu and Nutrition Information					
Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	
Breakfast Special	Avocado Toast	French Toast	Omelette Bar	Longhorn Slam	Chefs Choice	
Nutrition Information	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	Italian Wedding Pesto Vegetable Primavera (V)	Italian Wedding Pesto Vegetable Primavera (V)	Gumbo	Chicken Tortilla Veggie Tortilla	Chefs Choice	
Nutrition Information	(Itl Wed) Cal.174-Fat-5g-Carb.16g-Protien 18g (Primavera) Cal.101-Fat-5g-Carb.8g-Protien 8g	(Itl Wed) Cal.174-Fat-5g-Carb.16g-Protien 18g (Primavera) Cal.101-Fat-5g-Carb.8g-Protien 8g	(Potato) Cal.174-Fat-5g-Carb.16g-Protien 18g (Fernch 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	Meat Lasagna	2 Meat BBQ Plate	Blackened Fish	Chicken Enchilada's	Chefs Choice	
Nutrition Information	Cal.250-Fat-12g-Carb.2g-Protien 20g	Cal.675-Fat-22g-Sat Fat-10g-Protien-39g		(Each)Cal. 231-Fat-15g-Sat. Fat-8g Protien-13g		
Vegetarian Entrée	Vegetable Lasagna	Grilled Vegetable Skewers	Stuffed Shells	Vegetable Enchilada	Chefs Choice	
Nutrition Information	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		
<b><i>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.</i></b>						