



Weekly Menu & Nutrition Information



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Soup Du Jour	♥ French Onion	♥ Hot and Sour Soup	Chefs Choice	Chicken Fiesta	Chefs Choice
Entree	Moroccan Spice Pork Roast w/ Creamy Harissa Sauce	Beef and Broccoli	Chicken Mole	Chicken Enchilada's	Chefs Choice
<i>Nutrition Information</i>	Cal.-350-Fat-11.5g-Sat Fat-6g-Protien 28g	Cal. 470-Fat-12g-Sat Fat-6g-Protien 51g	Cal. 610-Fat-34g-Sat Fat-15g-Protien 48g	(2)Cal. 624-Fat-22g-Sat Fat-9g-Protien 38g	Cal. 425-Fat-12g-Sat Fat-5.5g-Protien 40g
Vegetarian Entree	Portobello Penna Pasta Cassarole	Cheese Manicotti	♥ Portobelo Ropa Vieja	Vegetable Enchilada's	Chefs Choice
<i>Nutrition Information</i>	Cal. 360-Fat-13.g-Sat Fat-9g-Protien 16g	Cal. 316-Fat-14.g-Sat Fat-8g-Protien 14g	Cal. 260-Fat 8.7g-Sat Fat-4g-Protien 18g	(2)Cal. 356-Fat-13g-Sat Fat-5g-Protien 14.7g	
Grilled Special	Cod Banh Mi Sandwich	Cod Banh Mi Sandwiched	Korean Pork Tacos	Korean Pork Tacos	Chili Cheese Dogs
<i>Nutrition Information</i>	Cal. 517-Fat-5.5.g-Sat Fat-2.5g-Protien 29g	Cal. 517-Fat-35.5g-Sat Fat-2.5g-Protien 29g	Cal. 399-Fat-15g Sat Fat-4g-Protien 51g	Cal. 399-Fat-15g Sat Fat-4g-Protien 51g	

♥ Healthy Options ♥

Nutritional Information is based on standard recipes may vary.
Please Consult with one of our staff if you have a food allergies or dietary restrictions.





Weekly Menu & Nutrition Information



Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Soup Du Jour	♥ Italian Wedding	Asian Mushroom ♥	Chefs Choice	Chicken Fiesta	Chefs Choice
Entree	Chicken Tomatillo	Chicken Parmesan	Carved London Broil au jus	Chicken Enchilada's	Chefs Choice
<i>Nutrition Information</i>	Cal. 425-Fat-18g-Sat Fat-7g-Protien 41g	Cal. 660-Fat-21g-Sat Fat-12g-Protien 29g	Cal. 390-Fat-22g-Sat Fat-9g-Protien 21g	(2)Cal. 624-Fat-22g-Sat Fat-9g-Protien 38g	Cal. 425-Fat-12g-Sat Fat-5.5g-Protien 40g
Vegetarian Entree	♥ Sweet and Sour Tofu	Cheese Tortellini w/Sun Dried Tomato in Cream Sauce	♥ Penna Pasta w/ Roasted Vegetables	Vegetable Enchilada's	Chefs Choice
<i>Nutrition Information</i>	Cal. 259-Fat-4.7g-Sat Fat-7g-Protien 7g	Cal. 490-Fat-30g-Sat Fat-13g-Protien 17g	Cal. 250-Fat-9g-Sat Fat-1.3g-Protien 19g	(2)Cal. 356-Fat-13g-Sat Fat-5g-Protien 14.7g	
Grilled Special	Shrimp Po-Boy	Shrimp Po-Boy	♥ Southwest Burger Wrap	♥ Southwest Burger Wrap	Chili Cheese Dogs
<i>Nutrition Information</i>	Cal. 655-Fat-23g-Sat Fat-17g-Protien 31g	Cal. 655-Fat-23g-Sat Fat-17g-Protien 31g	Cal. 389-Fat-11g Sat Fat-4g-Protien 31g	Cal. 389-Fat-11g Sat Fat-4g-Protien 31g	

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