

	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	Breakfast Burrito	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	Chicken Noodle Tomato Basil	Chicken Noodle Tomato Basil	Curry Lentil Crab Bisque	Chicken Tortilla Veggie Tortilla	Chefs Choice
<i>Nutrition Information</i>	(Ch Ndl) Cal.294-Fat-11g-Carb.16g-Protien 30g (Tomato Basil) Cal.178-Fat-5g-Carb.4g-Protien 2g	(Ch Ndl) Cal.294-Fat-11g-Carb.16g-Protien 30g (Tomato Basil) Cal.178-Fat-5g-Carb.4g-Protien 2g	(Curry) Cal.162-Fat-12g-Carb.8g-Protien 7g (Crab) Cal.310-Fat-26g-Carb.11g-Protien 21g	(Ckn Tort) Cal.174-Fat-5g-Carb.16g-Protien 18g (Veg Tort) Cal.101-Fat-5g-Carb.8g-Protien 8g	
Entrée	Chicken Fajitas (2)	2 Meat BBQ Plate	Chicken Cacciatore	Chicken Enchilada's	Chefs Choice
<i>Nutrition Information</i>	Cal.315-Fat-10g-Carb.27g-Protien 39g	Cal.675-Fat-22g-Sat Fat-10g-Protien-54g	Cal. 312-Fat-13.5g-Sat. Fat-6g-Protien-35g	(Each)Cal. 231-Fat-15g-Sat. Fat-8g Protien-13g	
Vegetarian Entrée	Vegetable Fajitas(2)	Grilled Vegetable Skewers	Mushroom & Lentil Bolognese	Vegetable Enchilada	Chefs Choice
<i>Nutrition Information</i>	Cal.250 Fat-7 Carb.35g-Protien-12g (1 fajita)	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	
<i>Nutritional information is based on standardized recipes and may vary. Please</i>					
<i>consult with one of our staff if you have food allergies or dietary restrictions.</i>					