

	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	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	Cal. 231-Fat-15g-Sat. Fat- 8g Protien-13g	
Soup Du Jour	Jamaican Chicken Soup Roasted Red Pepper Bisque	Jamaican Chicken Soup Roasted Red Pepper Bisque	Potato Bacon French Onion	Chicken Tortilla Veggie Tortilla	Chefs Choice
<i>Nutrition Information</i>	(Jamaican) Cal.250-Fat-8g- Carb.30g-Protien 15g (Red Pepper) Cal.171-Fat- 4g-Carb.24g-Protien 7g	(Jamaican) Cal.250-Fat-8g- Carb.30g-Protien 15g (Red Pepper) Cal.171-Fat- 4g-Carb.24g-Protien 7g	(Potato) Cal.594-Fat-5g- Carb.44g-Protien 32g (Fermch On) Cal.101-Fat- 4g-Carb.12g-Protien 6g	(Ckn Tort) Cal.174-Fat-5g- Carb.16g-Protien 18g (Veg Tort) Cal.101-Fat-5g- Carb.8g-Protien 8g	
Entrée	Chicken & Sausage Jambalaya	2 Meat BBQ Plate	Teriyaki Shrimp & Vegetable Stir Fry	Chicken Enchilada's	Chefs Choice
<i>Nutrition Information</i>	Cal.372-Fat-14g-Carb.35g- Protien 24g	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	Vegetarian Jambalaya	Grilled Vegetable Skewers	Teriyaki Mushroom & Vegetable Stir Fry	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	
<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>					