

	Weekly Menu and Nutrition Information				
<i>Week 3</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	Garden Vegetable w/ Orzo Chipotle Chicken Chowder	Garden Vegetable w/ Orzo Chipotle Chicken Chowder	Tortellini Primavera	Chicken Tortilla Veggie Tortilla	Chefs Choice
<i>Nutrition Information</i>	(Orzo) Cal.265-Fat-3g- Carb.24g-Protien 6g (Chptl) Cal.377-Fat-38g- Carb.23g-Protien 38g	(Orzo) Cal.265-Fat-3g- Carb.24g-Protien 6g (Chptl) Cal.377-Fat-38g- Carb.23g-Protien 38g	(Tort) Cal.204-Fat-21g- Carb.36g-Protien 11g	(Ckn Tort) Cal.174-Fat-5g- Carb.16g-Protien 18g (Veg Tort) Cal.101-Fat-5g- Carb.8g-Protien 8g	
Entrée	Home Style Meatloaf	2 Meat BBQ Plate	Chicken Marsala	Chicken Enchilada's	Chefs Choice
<i>Nutrition Information</i>	Cal.325-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	Mushroom & Lentil Loaf (VG)	Grilled Vegetable Skewers	Grilled Eggplant & Portobello Marsala	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>					