

	Weekly Menu and Nutrition Information				
Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Special	Avocado Toast	French Toast	Omelette	Longhorn Slam	Chefs Choice
Nutrition Information	Cal. 285-Fat-12g-Sat Fat-4g-Protien-8g	Cal. 400-Fat-12g-Sat Fat-4g-Protien-13g	Cal. 306-Fat-11.7-Sat. Fat-3g-Protien-20g	Cal. 455-Fat-11.7-Sat. Fat-3g-Protien-38g	
Soup Du Jour	Italian Wedding Pesto Vegetable Primavera (V)	Italian Wedding Pesto Vegetable Primavera (V)	Potato Bacon French Onion	Chicken Tortilla Veggie Tortilla	Chefs Choice
Nutrition Information	(Ital Wed) Cal.2156-Fat-10g-Carb.16g-Protien 18g (Primavera) Cal.156-Fat-4g-Carb.8g-Protien 3g	(Ital Wed) Cal.2156-Fat-10g-Carb.16g-Protien 18g (Primavera) Cal.156-Fat-4g-Carb.8g-Protien 3g	(Potato) Cal.374-Fat-13g-Carb.28g-Protien 13g (French On) Cal.101-Fat-5g-Carb.8g-Protien 8g	(Potato) Cal.374-Fat-13g-Carb.28g-Protien 13g (French On) Cal.101-Fat-5g-Carb.8g-Protien 8g	
Entrée	Turkey Tetrazini	2 Meat BBQ Plate	Beef & Broccoli	Chicken Enchilada's	Chefs Choice
Nutrition Information	Cal.250-Fat-3g-Carb.2g-Protien 3.5g	Cal.675-Fat-22g-Sat Fat-10g-Protien-39g	Cal.675-Fat-22g-Sat Fat-10g-Protien-39g	(Each)Cal. 231-Fat-15g-Sat. Fat-8g Protien-13g	
Vegetarian Entrée	Cauliflower Steaks	Grilled Vegetable Skewers	Vegan Beef & Broccoli	Vegetable Enchilada	Chefs Choice
Nutrition Information	Cal.85 Fat-2g Carb11g. Protien-3.5g	Cal.350-Fat-22g Sat.Fat12g Carb. 23g Protien-14g	Cal. 35-Fat-5g-Sat. Fat-1g-Protien-18g	(Each)Cal. 154-Fat-6g-Sat. Fat-2g Protien-5g	
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.					