



Weekly Menu & Nutrition Information

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Soup Du Jour	♥ Asian Mushroom	Chicken Noodle	Chefs Choice	Chicken Tortilla	Chef Choice
Entree	Shrimp & Sparagus Stir-Fry	BBQ Chicken & Sausage	Grilled Steak	Chicken Enchiladas	Chef Choice
<i>Nutrition Information</i>	Cal:335 - Fat:12g - Sat Fat:3g - Prot:35g	Cal:550 - Fat:32g - Sat Fat:11g - Prot:35g	Cal:330 - Fat:25g - Sat Fat:7g - Prot:35g	Cal: 624 - Fat:22g - Sat Fat:5.5g - Prot:40g	
Vegetarian Entree	♥ Thai Coconut Tofu	Mac & Cheese	♥ Black Bean Quinoa Stuffed Peppers	Veggie Enchiladas	Chef Choice
<i>Nutrition Information</i>	Cal:220 - Fat:14g - Sat Fat:5g - Prot:8g	Cal:316 - Fat:14g - Sat Fat:8g - Prot:14g	Cal:320 - Fat:9g - Sat Fat:2g - Prot:13g	Cal:356 - Fat:13g - Sat Fat:5g - Prot:14.7g	
Grilled Special	Fried Buffalo Chicken Sandwich	Fried Buffalo Chicken Sandwich	Big Beef Burrito	Big Beef Burrito	Chili Cheese Dogs
<i>Nutrition Information</i>	Cal:440 - Fat:19g - Sat Fat:4g - Prot:27g	Cal:440 - Fat:19g - Sat Fat:4g - Prot:27g	Cal:650 - Fat:32g - Sat Fat:15g - Prot:40g	Cal:650 - Fat:32g - Sat Fat:15g - Prot:40g	Cal:400 - Fat:23g - Sat Fat:9g - Prot:15g

♥ Healthy Options ♥

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

