



Weekly Menu & Nutrition Information

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Soup Du Jour	♥ American Bounty Vegetable	Texas Chili	Chefs Choice	Chicken Tortilla	Chef Choice
Entree	Chicken Tomatillo	BBQ Brisket & Sausage	Chicken Parmesan	Chicken Enchiladas	Chef Choice
<i>Nutrition Information</i>	Cal:425 - Fat:18g - Sat Fat:7g -Prot:41g	Cal:575 - Fat:31g - Sat Fat:11g -Prot:35g	Cal: 750 - Fat:17g - Sat Fat:4g -Prot:42g	Cal: 624 - Fat:22g - Sat Fat:5.5g -Prot:40g	
Vegetarian Entree	♥ Lentil Sheperd's Pie	♥ Vegetarian Frito Pie	Vegetable Lasagna	Veggie Enchiladas	Chef Choice
<i>Nutrition Information</i>	Cal:350 - Fat:14g - Sat Fat:3g -Prot:15g	Cal:580 - Fat:27g - Sat Fat:12g -Prot:24g	Cal: 445 - Fat:12g - Sat Fat:9g -Prot:22g	Cal:356 - Fat:13g - Sat Fat:5g -Prot:14.7g	
Grilled Special	Grilled Steak Sandwich	Grilled Steak Sandwich	♥ Grilled Balsamic Portobello Mushroom	♥ Grilled Balsamic Portobello Mushroom	Chili Cheese Dogs
<i>Nutrition Information</i>	Cal:625 - Fat:32g - Sat Fat:7g -Prot:37g	Cal:625 - Fat:32g - Sat Fat:7g -Prot:37g	Cal:446 - Fat:24g - Sat Fat:2g -Prot:21g	Cal:446 - Fat:24g - Sat Fat:2g -Prot:21g	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.

