



Weekly Menu & Nutrition Information

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Soup Du Jour	♥ Navy Bean	Chicken Noodle	Chefs Choice	Chicken Tortilla	Chef Choice
Entree	♥ Rosted Turkey & Cranberry Stuffing	Baked Meatloaf	Buttermilk Fried Chicken	Chicken Enchiladas	Chef Choice
<i>Nutrition Information</i>	Cal:260 - Fat:13.5g - Sat Fat:6g -Prot:24g		Cal:375 - Fat:21g - Sat Fat:11g -Prot:27g	Cal:650 - Fat:35g - Sat Fat:10g -Prot:29g	Cal: 624 - Fat:22g - Sat Fat:5.5g -Prot:40g
Vegetarian Entree	Moroccan Chickpea Tagine	Mac & Cheese	Roasted Butternut Squash and Farro	Veggie Enchiladas	Chef Choice
<i>Nutrition Information</i>	Cal:360 - Fat:8g - Sat Fat:4g - Prot:17g		Cal:316 - Fat:14g - Sat Fat:8g -Prot:14g	Cal:330 - Fat:9g - Sat Fat:1.5g -Prot:9g	Cal:356 - Fat:13g - Sat Fat:5g -Prot:14.7g
Grilled Special	Cod Banh Mi Sandwich	Cod Banh Mi Sandwich	Korean Pork Tacos	Korean Pork Tacos	Chili Cheese Dogs
<i>Nutrition Information</i>	Cal:517 - Fat:5.5g - Sat Fat:2.5g -Prot:29g		Cal:517 - Fat:5.5g - Sat Fat:2.5g -Prot:29g	Cal:399 - Fat:15g - Sat Fat:4g -Prot:51g	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.

