




Breakfast 6:30am-9:30am

Lunch 11am-2:00pm




Mar 2-8

All  Items are the Heart Healthy Meal Choices for the Day!!




**Monday**

Shrimp Pasta	440 Cals	\$2.49	Roasted Potatoes	145 Cals	\$0.99
 <b>Chicken Breast w/tomato and mushroom</b>	290 Cals	\$2.99	Broccoli Rice Casserole	225 Cals	\$1.50
Toasted Wraps		\$4.29	 <b>Sauteed Green Beans</b>	45 Cals	\$0.99
Vegetable Beef			 <b>Carrots</b>	90 Cals	\$0.99
 <b>Rotisserie Chicken</b>					




**Tuesday**

Country Fried Steak	265 Cals	\$2.49	Mashed Potatoes	100 Cals	\$0.99
Chicken Stew	400 Cals	\$2.99	Corn Macque Choux	180 Cals	\$0.99
Toasted Wraps		\$4.29	 <b>Sweet Peas</b>	45 Cals	\$0.99
Fire Roasted Vegetable			 <b>Bermuda Blend</b>	45 Cals	\$0.99
 <b>Rotisserie Chicken</b>			Steamed Rice		\$0.75




**Wednesday**

 Roasted Turkey	300 Cals	\$2.49	Rice Dressing	300 Cals	\$1.50
BBQ Ribs	600 Cals	\$3.99	Baked Beans	185 Cals	\$0.99
Toasted Wraps		\$4.29	 <b>Tuscany Blend</b>	45 Cals	\$0.99
Broccoli and Cheese			 <b>Pacific Blend</b>	45 Cals	\$0.99
 <b>Rotisserie Chicken</b>					

**Thursday**

Meatloaf (2)	365 Cals	\$2.99	Garlic Mashed Potatoes	100 Cals	\$0.99
Chicken Cordon Bleu	425 Cals	\$2.49	Corn Nuggets	45 Cals	\$1.50
Toasted Wraps		\$4.29	 <b>Winter Blend</b>	180 Cals	\$0.99
SW Chicken			 <b>Lima Beans</b>	45 Cals	\$0.99
 <b>Rotisserie Chicken</b>					

**Friday**

 <b>Herb Baked Chicken</b>	265 Cals	\$2.49	Au Gratin Potatoes	200 Cals	\$0.99
Fried Fish	400 cals	\$2.99	Wild Rice	265 Cals	\$0.99
Toasted Wraps		\$4.29	 <b>Sicilian Blend Veggies</b>	45 Cals	\$0.99
Clam Chowder			 <b>Broccoli</b>	45 Cals	\$0.99

**Saturday** Spaghetti \$2.99

**Sunday** Fried Chicken \$1.50 each

**Specials**

Breakfast: Sliced Buffet Ham	\$1.00
Dessert: Pecan Cobbler	
Pizza Station: Toasted Wraps	\$4.29
Grill: Korean BBQ Spring Rolls (6)	\$3.99

\*\*Menu subject to change. Calories are based on strict portion sizes & will vary based on your individual serving & added condiments.