







Breakfast 6:30am-9:30am
Lunch 11am-2:00pm
June 10-16

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

Monday

Beef Tips	425 Cals	\$3.49	Garlic Mashed Potatoes	165 Cals	\$0.99
 Korean BBQ Chicken	275 Cals	\$2.49	Steamed Rice	100 Cals	\$0.75
Calzone			 Malibu Blend	45 Cals	\$0.99
Soup Du Jour			 Sesame Broccoli	45 Cals	\$0.99
 Baked Chicken (grill)					





Tuesday

Grilled Pork Chop	300 Cals	\$2.49	Broccoli Rice Casserole	225 Cals	\$0.99
Praline Chicken	485 Cals	\$2.99	Yam Patties	265 Cals	\$0.99
Calzone			 Winter Blend	45 Cals	\$0.99
Soup Du Jour			 Smothered Green Beans	45 Cals	\$0.99
 Baked Chicken (grill)			Coleslaw/Texas Toast		

Wednesday

Hamburger Steak w/Onions	375 Cals	\$2.49	Creamy Potatoes	165 Cals	\$0.99
Shrimp Pasta	400 Cals	\$3.49	Fried Okra	265 Cals	\$0.99
Calzone			 Pacific Blend	45 Cals	\$0.99
Soup Du Jour			 Zucchini and Squash	65 Cals	\$0.99
 Baked Chicken (grill)			Steamed Rice	100 Cals	\$0.75

Thursday

Baked Chicken	275 Cals	\$2.49	Roasted Sweet Potato	165 Cals	\$0.99
 Thai Basil Beef	365 Cals	\$3.49	Shrimp Fried Rice	265 Cals	\$1.50
Calzone			 Baby Carrots	45 Cals	\$0.99
Soup Du Jour			 Stir Fried Veggies	45 Cals	\$0.99
 Baked Chicken (grill)			Steamed Rice	100 Cals	\$0.75

Friday

Red Beans and Sausage	325 Cals	\$2.49	Steamed Rice	100 Cals	\$0.75
Fried Fish	400 Cals	\$2.99	Mac & Cheese	235 Cals	\$1.50
Calzone			 Green Beans	45 Cals	\$0.99
Soup Du Jour			 Veggie Blend	45 Cals	\$0.99
 Baked Chicken (grill)			Sweet Cole Slaw	165 Cals	\$0.99

Saturday Spaghetti \$2.99

Sunday Fried Chicken \$1.50 each

Specials

Breakfast: Skillet Hash Browns with Sausage

Dessert: Cookies and Cream Cake

Pizza Station: Calzone \$4.29

Grill: Ribeye Sandwich \$5.50

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