






Breakfast 7:00 am-9:00am
Lunch 11am-1:00pm
May 18 May 22






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




Monday

	Grilled Pork chops	480 Cals	\$2.99	Mac & Cheese	100 Cals	\$1.50
	Black eyed Peas	400 Cals	\$3.49	Steamed Rice	100 Cals	\$0.99
	Dinner Roll		\$0.99	 California Blend Vegetable	65 Cals	\$0.99



Tuesday

Chicken Fried Steak	365 Cals	\$3.49	 Mashed Potato	100 Cals	\$0.99
Meatloaf	400 Cals	\$3.99	 Seasoned Butter Corn	65 Cals	\$0.99
Honey Butter Roll	100 Cals	\$0.99	 Malibu Blend	45 Cals	\$0.99


Wednesday

	Baked Chicken	175 Cals	\$2.49	Steamed Rice	100 Cals	\$0.90
	Sausage Creole	300 Cals	\$3.49	 Baked Sweet Potato	65 Cals	\$0.99
	Fried Green Bean	100 Cals	\$1.50	 Key Biscayne Vegetable	45 Cals	\$0.99

Thursday

Spaghetti & Meat Sauce	380 Cals	\$3.49	 Corn on the Cob	65 Cals	\$0.99
Fried Chicken Drummetts	400 Cals	\$3.99	 Zucchini & Squash	45 Cals	\$0.99
Garlic Toasts	100 Cals	\$0.99	Crinkle Cut Fries	270 Cals	\$1.50

Friday

Fried Fish	400 Cals	\$3.99	Loaded Mashed Potato	45 Cals	\$0.99
Chicken Cordon Bleu	380 Cals	\$3.49	Fried Okra	270 Cals	\$1.50
Dinner Roll	100 Cals	\$0.99	 Sweet Peas	125 Cals	\$0.99

Saturday Closed (Main Campus Bistro is open!)

Sunday Closed (Main Campus Bistro is open!)


" Some items served at this establishment may contain imported crawfish or shrimp."

Ask for more information

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



Main Campus
 Breakfast 6:30am-9:30am
 Lunch 11am-2:00pm
 May 18 - May 24




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

Some items served at this establishment may contain imported crawfish or shrimp. Ask for more information.

Monday

Country Fried Steak	360 Cals	\$3.49	Mashed Potatoes	145 Cals	\$1.50
 Chipotle Citrus BBQ Chicken Qtr	270 Cals	\$2.49	Rice Dressing	190 Kcal	\$1.50
 Rotisserie Chicken	250 Cals	\$2.49	 Winter Blend	45 Cals	\$0.99
White Gravy	45 Cals	\$0.25	 Baked Beans	45 Cals	\$1.50
Dinner Roll	130 Kcal	\$0.75	Sweet or Idaho Potatoes	100-150 Cal	\$1.50
Broccoli & Cheese Soup		\$3.49			




Tuesday

Praline Chicken	400 Kcal	\$3.49	Corn Nuggets	250 Cals	\$1.50
Italian Sausage Baked Spaghetti	350 Kcal	\$3.99	Roasted Garlic Mashed Potatoes	165 Cals	\$1.50
 Rotisserie Chicken	250 Cals	\$2.49	 Roasted Broccoli	90 Cals	\$1.50
Chicken & Sausage Gumbo		\$3.99	 Sauteed Green Beans	90 Cals	\$0.99
Garlic Toast	130 Cals	\$0.75	Sweet or Idaho Potatoes	100-150 Cal	\$1.50

Wednesday

Garlic Parmesan Crusted Chicken	360 Kcal	\$2.99	Sweet Potato Casserole	250 Cals	\$1.50
Meat Ball Stew	480 Cals	\$3.99	Steamed rice	165 Cals	\$0.99
 Rotisserie Chicken	250 Kcal	\$2.49	 Sweet Peas	45 Cals	\$0.99
Baked Potato Soup	450 Cals	\$4.29	 Malibu Blend	265 Cals	\$0.99
Dinner Roll	130 Kcal	\$0.75	Sweet or Idaho Potatoes	100-150 Cal	\$1.50

Thursday

Chopped Pork Sandwich	550 Kcal	\$3.49	Fried Okra	400 Cals	\$1.50
Enchilada Casserole	400 Cals	\$3.99	Seasoned Mashed Potatoes	200 Cals	\$1.50
 Rotisserie Chicken	250 Cals	\$2.49	 Grilled Zucchini & Squash	45 Cals	\$1.50
Fresh Baked Dinner Roll	190 Cals	\$0.75	 Bermuda Blend	45 Cals	\$0.99
Shrimp & Corn Bisque	360 Cals	\$3.49	Sweet or Idaho Potatoes	100-150 Cal	\$1.50

Friday

Fried Fish	413 Cals	\$3.49	Au Gratin Potatoes	170 Cals	\$1.50
Chicken & Sausage Pastalaya	450 Cals	\$3.49	 Carrot Souffle	145 Cals	\$1.50
 Rotisserie Chicken	250 Cals	\$2.49	Smothered Okra w/shrimp	150 Cals	\$1.50
Dinner Roll		\$0.75	 Califorina Blend	45 Cals	\$0.99
Broccoli & Cheese Soup	190 Kcal	\$3.49	Sweet or Idaho Potatoes	100-150 Cal	\$1.50
			Steamed rice		\$0.99

Saturday Spaghetti \$3.49

Sunday Fried Chicken Breast or Thigh \$2.49, wing or leg \$1.50

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Specials