




Breakfast 7:00 am-9:00am


Lunch 11am-1:00pm

June 9th - June 13th




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



Monday

Kickin Fried Shrimp	450 Cals	\$3.99		Buttered Corn	80 Cals	\$0.99
Smothered Beef Tips	500 Cals	\$3.49		Candied Yams	190 Cals	\$0.99
Breaded Green Beans	95 Cals	\$1.50		Steamed Rice	100 Cals	\$0.99

Tuesday

Fried Pork Chop	490 Cals	\$3.49		Steamed Broccoli	45 Cals	\$0.99
Cheesy Beef & Potato	480 Cals	\$3.49		Sweet Potato Fries	100 Cals	\$0.99
Casserole				Fried Green Tomatoes	90 Cals	\$1.99



Wednesday

Barbecue Chicken	390 Cals	\$2.49		Steamed Vegetable Medley	65 Cals	\$0.99
 Baked Fish	500 Cals	\$2.49		Green Beans	75 Cals	\$0.99
Honey Buttered Roll		\$0.99		Rice Pilaf	95 Cals	\$0.99

Thursday

Meatloaf	480 Cals	\$3.49		California Blend Vegetables	45 Cals	\$0.99
Black Eye Peas & Ham	410 Cals	\$2.99		Baked Cheesy Spaghetti	200 Cals	\$1.50
Corn Nuggets		\$1.50		Steamed Rice	100 Cals	\$0.99

Friday

Fried Fish	380 Cals	\$2.99		Bermuda Blend Vegetables	45 Cals	\$0.99
Hot Dog / w Chili	350 Cals	\$2.99		Corn on the Cob	85 Cals	\$0.99
Pork Egg Roll		\$1.99		Seasoned Potato Wedges	150 Cals	\$1.50

Saturday Closed (Main Campus Bistro is open!)

Sunday Closed (Main Campus Bistro is open!)

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



All



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

Main Campus

Breakfast 6:30am-9:30am

Lunch 11am-2:00pm

June 9 - June 15

Monday

Shrimp & Egg Stew	280 Kcal	\$3.99	Fried Okra	235 Cals	\$1.50
Chicken & Tasso Pasta	320 Kcal	\$3.49	Steamed Rice	100 Cals	\$0.99
♥ Rotisserie Chicken	250 Kcal	\$2.49	♥ Smothered Cabbage w/Bacon	100 Cals	\$1.50
Broccoli & Cheese Soup		\$3.49	♥ Cali Blend	45 Cals	\$0.99
Dinner Roll	190 Kcal	\$0.75	Sweet or Idaho Potatoes	100-150 Cal	\$1.50

Tuesday

Stuffed Bellpeppers (1)	253 Cals	\$2.49	Roasted Garlic Mashed Potatoes	100 Cals	\$1.50
Smothered Turkey Wings	500 Kcal	\$3.49	♥ Steamed Rice	165 Cals	\$0.99
♥ Rotisserie Chicken	250 Kcal	\$2.49	♥ Grilled Zucchini & Squash	45 Cals	\$1.50
Dinner Roll	190 Kcal	\$0.75	♥ Smothered Green Beans w/Bacon	45 Cals	\$1.50
Roasted Red Pepper & Gouda		\$3.49	Sweet or Idaho Potatoes	100-150 Cal	\$1.50

Wednesday

Beef Pot Roast	455 Kcal	\$3.99	Seasoned Mashed Potatoes	100 Cals	\$1.50
Chargrilled Chicken Breast	250 Kcal	\$2.99	Steamed Rice	200 Cals	\$0.99
♥ Rotisserie Chicken	250 Kcal	\$2.49	♥ Sweet Peas	45 Cals	\$0.99
Baked Potatoe soup		\$3.49	♥ Malibu Blend	45 Cals	\$0.99
Dinner Roll	190 Kcal	\$0.75	♥ Sweet or Idaho Potatoes	100-150 Cal	\$1.50

Thursday

Chargrill BBQ Pork Chops	430 Kcal	\$3.49	Mac & Cheese	120 Cals	\$1.50
♥ Baked Chicken	640 Kcal	\$2.49	Rice Dressing	225 Cals	\$1.50
Fresh Baked Dinner Roll	190 Kcal	\$0.75	♥ Winter Blend	45 Cals	\$0.99
♥ Chicken Noodle Soup		\$2.49	♥ Prince Edward Blend (grilled)	45 Cals	\$1.50
			Sweet or Idaho Potatoes	100-150 Cal	\$1.50

Friday

Fried Fish	420 Kcal	\$3.49	Seasoned Mashed Potatoes	165 Cals	\$1.50
Hamburger Steak w/ mushrooms	500 Cals	\$3.49	Fresh Navy Beans w/ham	210 Cals	\$1.50
♥ Rotisserie Chicken	250 Kcal	\$2.49	Smothered Okra w/ Shrimp	150 Cals	\$1.50
Fresh Baked Dinner Roll	190 Kcal	\$0.75	♥ Bermuda Blend	45 Cals	\$0.99
Shrimp & Corn Bisque		\$4.29	Sweet or Idaho Potatoes	100-150 Cal	\$1.50
			Steamed Rice	165 Cals	\$0.99

Saturday Spaghetti \$3.49

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

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Specials

