



## Main Campus

Breakfast 6:30am-9:30am

Lunch 11am-2:00pm

August 18-24

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

### Monday

Cheesy Shrimp Pasta	280 Cals	\$3.99	Corn Nuggets		\$1.50
Chicken Stew	380 Cals	\$3.49	Steamed Rice	90 Cals	\$0.99
Rotisserie Chicken	250 Cals	\$2.49	Sweet Peas	235 Cals	\$0.99
Fresh Baked Dinner Roll	190 Cals	\$0.75	Winter Blend	100 Cals	\$0.99
Loaded Potato Soup		3.49	Sweet or Idaho Potatoes	100-150 Cal	\$1.50

### Tuesday

Lemon Butter Fish	200 Kcal	\$2.99	Broccoli Rice Casserole	100 Cals	\$1.50
Hamburger Steak w/Onions	465 Kcal	\$3.49	Mashed Potatoes	200 Cals	\$1.50
Rotisserie Chicken	280 Cals	\$2.49	Smothered Green Beans w/bacon	120 Cals	\$1.50
Shrimp & Corn Bisque	390 Kcal	\$4.29	Sicilian Blend		\$0.99
Dinner Roll		\$0.75	Sweet or Idaho Potatoes	100-150 Cal	\$1.50

### Wednesday

Fried Chicken Tenders (2)	260 Kcal	\$3.49	Bistro Sauce		\$0.25
Red Beans and Sausage	290 Kcal	\$2.99	Macaroni and Cheese	100 Cals	\$1.50
Rotisserie Chicken	250 Cals	\$2.49	Steamed Rice	165 Cals	\$0.99
Garlic Toast	190 Cals	\$0.75	Succotash	45 Cals	\$0.99
Enchilada Soup	340 Kcal	\$3.49	Broccoli	45 Cals	\$0.99
			Sweet or Idaho Potatoes	100-150 Cal	\$1.50

### Thursday

BBQ Chicken		\$2.49	Au Gratin Potatoes	250 Cals	\$1.50
Fried Pork Chop	450 Cals	\$3.49	Garden Rice	200 Cals	\$1.50
Rotisserie Chicken	250 Cals	\$2.49	Bermuda Blend	45 Cals	\$0.99
Roasted Red Pepper & Gouda	220 Kcal	\$3.49	Black Eyed Peas w/Ham		\$1.50
Dinner Roll		\$0.75	Sweet or Idaho Potatoes	100-150 Cal	\$1.50

### Friday

Fried Fish	265 Kcal	\$3.49	Steamed Rice	100 Cals	\$0.99
Brisket & Au Jus gravy	265 Kcal	\$4.99	Loaded Potatoes	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	Cali Blend	45 Cals	\$0.99
Chicken Noodle Soup	320 Kcal	\$2.49	Sweet or Idaho Potatoes	100-150 Cal	\$1.50

**Saturday** Spaghetti \$3.49

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

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


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### Specials





Breakfast 7:00 am-9:00am  
Lunch 11am-1:00pm  
August 18th - August 22nd




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



### Monday

	White Beans & Sausage	490 Cals	\$2.99		Cheese Scalloped Potatoes	180 Cals	\$1.50
	Baked Pork Chops	300 Cals	\$2.49		Bermuda Blend Vegetables	45 Cals	\$0.99
	Corn Nuggets		\$1.50		Steamed Rice	100 Cals	\$0.99



### Tuesday



Barbecue Ribs	400 Cals	\$4.99		Garlic Butter Squash	65 Cals	\$0.99
Chicken Cordon Bleu	350 Cals	\$3.49		Green Bean Casserole	150 Cals	\$1.50
Rice Dressing	200 Cals	\$1.99		Candied Yams	150 Cals	\$0.99

### Wednesday

	Baked Chicken	400 Cals	\$3.49		Steamed Broccoli	45 Cals	\$0.99
	Lasagna	500 Cals	\$3.49		Rosemary Potato Bites	95 Cals	\$1.50
	Garlic Toast		\$0.99		Baked Beans	85 Cals	\$0.99

### Thursday

Sweet Chili Tenders	500 Cals	\$3.99	Field Peas & Snaps	75 Cals	\$0.99
Hamburger Steak	400 Cals	\$3.49	Mashed Potatoes	120 Cals	\$0.99
 Baked Sweet Potato	90 Cals	\$1.50	 Malibu Blend Vegetables	45 Cals	\$0.99

Fried Fish	400 Cals	\$3.49		Vegetable LoMein	325 Cals	\$2.99
Chili Dogs /1	510 Cals	\$3.49		Crinkle Fries	150 Cals	\$1.50
Breaded Green Beans		\$1.50		Steamed Vegetable Medly	45 Cals	\$0.99

**Saturday** Closed (Main Campus Bistro is open!)

**Sunday** Closed (Main Campus Bistro is open!)

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