



All



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

**Main Campus**

Breakfast 6:30am-9:30am

Lunch 11am-2:00pm

Sept.1 - Sept. 7

**Monday**

Chargrill BBQ Pork Chops	280 Kcal	\$3.49	Heart Rice Dressing	235 Cals	\$1.50
Heart Rotisserie Chicken	250 Kcal	\$2.49	Heart Baked Beans	100 Cals	\$1.50
Dinner Roll	190 Kcal	\$0.75	Heart Cali Blend	100 Cals	\$0.99

**Tuesday**

Salisbury Steak w/mushroom gravy	253 Cals	\$3.99	Seasoned Mashed Potatoes	100 Cals	\$1.50
Garlic Parmesan Crusted Chicken		\$3.49	Fried Okra	165 Cals	\$1.50
Heart Rotisserie Chicken	250 Kcal	\$2.49	Heart Buttered Corn	45 Cals	\$0.99
Fresh Baked Dinner Roll	190 Kcal	\$0.75	Heart Prince Edward Blend	45 Cals	\$1.50
Broccoli Cheese Soup		\$3.49	Sweet or Idaho Potatoes	100-150 Cal	\$1.50

**Wednesday**

Shrimp & Egg Stew	455 Kcal	\$3.99	Heart Roasted Potato Wedges	100 Cals	\$1.50
Chicken Florentine		\$3.49	Steamed Rice	200 Cals	\$0.99
Baked Chicken	250 Kcal	\$2.49	Heart Winter Blend	45 Cals	\$0.99
Fresh Baked Dinner Roll	190 Kcal	\$0.75	Heart Peas	45 Cals	\$0.99
Baked Potato soup		\$3.49	Heart Sweet or Idaho Potatoes	100-150 Cal	\$1.50

**Thursday**

Stuffed Bellpeppers (1)	430 Kcal	\$2.49	Roasted Garlic Mashed Potatoes	120 Cals	\$1.50
Pork Tips	500 Kcal	\$3.99	Steamed Rice	225 Cals	\$0.99
Heart Rotisserie Chicken	250 Kcal	\$2.49	Creamed Corn	45 Cals	\$0.99
Fresh Baked Dinner Roll	190 Kcal	\$0.75	Malibu Blend	45 Cals	\$1.50
Roasted Red Pepper & Gouda		\$3.49	Sweet or Idaho Potatoes	100-150 Cal	\$1.50

**Friday**


Fried Fish	420 Kcal	\$3.49	White Bean w Ham	165 Cals	\$1.50
BBQ Hamburgers	265 Kcal	\$2.50	French Fries	165 Cals	\$1.50
Heart Rotisserie Chicken	500 Cals	\$2.49	Seasoned Carrots	150 Cals	\$0.99
Fresh Baked Dinner Roll	250 Kcal	\$0.75	Heart Broccoli	45 Cals	\$0.99
Chicken Noodle Soup	190 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.***Specials**



Breakfast 7:00 am-9:00am  
Lunch 11am-1:00pm  
September 1st - September 5th





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

### Monday




CAFÉ CLOSED

### Tuesday



Country Fried Steak	450 Cals	\$3.49	Mashed Potatoes	100 Cals	\$0.99
Chicken & Sausage Jambalaya	550 Cals	\$3.99	 Steamed Broccoli	45 Cals	\$0.99
Breaded Green Beans		\$1.50	 Glazed Baby Carrots	85 Cals	\$0.99

### Wednesday





Fried Pork Chops	450 Cals	\$3.49	 Malibu Blend Vegetables	45 Cals	\$0.99
Baked fish	300 Cals	\$2.49	Carrot Souffle	100 Cals	\$1.50
Onion Rings		\$1.50	Cheese Scalloped Potatoes	150 Cals	\$1.50

### Thursday

Cheesy Beef & Pasta Casserole	600 Cals	\$2.99	 Black Eye Peas	85 Cals	\$0.99
Fried Drumettes	500 Cals	\$3.99	 Roasted Asparagus	80 Cals	\$1.50
Dinner Roll		\$0.99	Seasoned Potato Wedges	110 Cals	\$1.50

### Friday

White Beans & Sausage	400 Cals	\$3.49	Steamed Rice	100 Cals	\$0.99
Barbecue Chicken	500 Cals	\$2.99	 California Blend Vegetables	45 Cals	\$0.99
Fried Okra		\$1.50	 Baked Sweet Potato		\$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.*