



All



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

**Main Campus**

Breakfast 6:30am-9:30am

Lunch 11am-2:00pm

April 28 - May 4

**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
♥ <b>Rotisserie Chicken</b>	250 Kcal	\$2.49	♥ <b>Smothered Cabbage w/Bacon</b>	100 Cals	\$1.50
Broccoli & Cheese Soup		\$3.49	♥ <b>Cali Blend</b>	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	\$2.99	Roasted Garlic Mashed Potatoes	100 Cals	\$1.50
Smothered Turkey Wings	500 Kcal	\$3.49	Steamed Rice	165 Cals	\$0.99
♥ <b>Rotisserie Chicken</b>	250 Kcal	\$2.49	♥ <b>Grilled Squash Medley</b>	45 Cals	\$1.50
Dinner Roll	190 Kcal	\$0.75	♥ <b>Smothered Green Beans w/Bacon</b>	45 Cals	\$1.50
Roasted Red Pepper & Gouda		\$3.49	♥ Sweet or Idaho Potatoes	100-150 Cal	\$1.50

**Wednesday**

Mississippi Pot Roast	455 Kcal	\$3.99	Seasoned Mashed Potatoes	100 Cals	\$1.50
<b>Chargrilled Chicken Breast</b>	250 Kcal	\$2.99	Steamed Rice	200 Cals	\$0.99
♥ <b>Rotisserie Chicken</b>	250 Kcal	\$2.49	♥ <b>Sweet Peas</b>	45 Cals	\$0.99
Ultimate Baked Potato Soup		\$3.49	♥ <b>Malibu Blend</b>	45 Cals	\$0.99
Dinner Roll	190 Kcal	\$0.75	♥ Sweet or Idaho Potatoes	100-150 Cal	\$1.50

**Thursday**

BBQ Pork Chops	430 Kcal	\$3.49	Mac & Cheese	120 Cals	\$1.50
♥ <b>Baked Chicken</b>	640 Kcal	\$2.49	Rice Dressing	225 Cals	\$1.50
Fresh Baked Dinner Roll	190 Kcal	\$0.75	♥ <b>Winter Blend</b>	45 Cals	\$0.99
♥ <b>Chicken Noodle Soup</b>		\$2.49	♥ <b>Prince Edward Blend</b>	45 Cals	\$0.99
Garlic Toast		\$0.75	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/ onions	500 Cals	\$3.49	Fresh Navy Beans w/ham	210 Cals	\$1.50
♥ <b>Rotisserie Chicken</b>	250 Kcal	\$2.49	<b>Smothered Okra w/ Shrimp</b>	150 Cals	\$1.50
Fresh Baked Dinner Roll	190 Kcal	\$0.75	♥ <b>Bermuda Blend</b>	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*\*\*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  
April 28th - May 2nd







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**Monday**

	Sausage Creole	470 Cals	\$3.49	Corn Machoux	90 Cals	\$0.99
	Baked Chicken	350 Cals	\$2.49		Steamed Vegetable Medley	45 Cals \$0.99
	Dinner Roll		\$0.99		Steamed Rice	100 Cals \$0.99


**Tuesday**

	Sweet Chili Tenders	500 Cals	\$3.99	Carrot Souffle	150 Cals	\$1.50
	Grilled Pork Chops	360 Cals	\$2.99		Scalloped Potatoes	200 Cals \$1.50
					Bermuda Blend Veggies	45 Cals \$0.99



**Wednesday**

	Smothered Beef Tips	360 Cals	\$2.49		California Blend Veggies	45 Cals \$0.99
	Shrimp Pasta	490 Cals	\$3.49		Candied Yams	160 Cals \$0.99
	Battered Mushrooms		\$1.99		Steamed Rice	100 Cals \$0.99

**Thursday**

	Hamburger Steak	490 Cals	\$3.49		Mashed Potatoes	150 Cals \$0.99
	Breaded Chicken Drumettes	510 Cals	\$3.99		Green Beans	70 Cals \$0.99
	Fried Green Tomatoes		\$1.99		Buttered Carrots	80 Cals \$0.99

**Friday**

	Baked Fish	300 Cals	\$2.49		Sweet Potato Casserole	170 Cals \$1.50
	White Beans & Sausage	490 Cals	\$2.99		Steamed Rice	100 Cals \$0.99
	Fried Okra		\$1.50		Steamed Broccoli	45 Cals \$0.99

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

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

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