

# Weekly Menu



	entrée	entrée	side item	side item	side item	side item	soup
Monday	oven fried chicken breast	beef lasagna	mustard greens	sour cream & chive potatoes	broccoli au gratin	roasted vegetables	broccoli cheddar
	cal. 170	cal. 202	cal. 89	cal. 106	cal. 91	cal. 101	8oz. cal. 200

	entrée	entrée	side item	side item	side item	side item	soup
Tuesday	baked fish with avocado pineapple salsa	garlic roasted pork loin	fresh steamed broccoli	fresh steamed carrots	lemon orzo	nutmeg chive fresh cauliflower	stuffed baked potato
	cal. 140	cal. 165	cal. 58	cal. 87	cal. 180	cal. 192	8oz. cal. 238

	entrée	entrée	side item	side item	side item	side item	soup
Wednesday	thyme and garlic roasted turkey	black bean burrito	grilled asparagus	spanish rice	summer succotash	mint scented peas	italian wedding
	cal. 131	cal. 227	cal. 34	cal. 100	cal. 137	cal. 100	8oz. cal. 115

	entrée	entrée	side item	side item	side item	side item	soup
Thursday	sesame chicken with vegetable & rice	meatloaf	fresh greens beans	corn with pimento	steamed brown rice	roasted vegetable salad	lemon chicken orzo
	cal. 388	cal. 282	cal. 37	cal. 84	cal. 123	cal. 62	8oz. cal. 144

	entrée	entrée	side item	side item	side item	side item	soup
Friday	pesto crusted cod	cumin chicken breast	corn on the cob	fingerling potatoes	cabernet medly rice	fresh steamed carrots	french moroccan tomato lentil
	cal. 169	cal. 158	cal. 230	cal. 60	cal. 60	cal. 150	8oz. cal. 120

\*Menu is subject to change due to availability.