

Monday

Bayou Jerk Pork

served with Dirty Rice &
Oven Roasted Pepper Trio
& Onions

290 cal

Crispy Southwest Chicken Salad

310 cal

Peanut Butter & Jelly Slider

250 cal

Chicken Brunswick Stew

50 cal

Tuesday

Hilachas

served with Brown Rice
Pilaf & Steamed Broccoli

310 cal

Asian Chicken Noodle Salad

410 cal

Chicken Tikka Quesadilla

340 cal

Manhattan Clam Chowder

90 cal

Wednesday

Chicken Parmesan

served with Whole Wheat
Spaghetti & Roasted
Vegetables

260 cal

Honey Mustard

Salmon Salad

340 cal

Curry Chicken Salad

Flatbread

350 cal

Cream of Broccoli

100 cal

Thursday

Southwest Grilled Flank Steak

served with Santa Fe
Black Beans & Herb
Roasted Tomatoes

310 cal

California Thai Noodle Salad

370 cal

Honey Pecan Turkey & Arugula Flatbread

240 cal

Chicken Gumbo

100 cal

Friday

Grilled BBQ Pesto Salmon

served with Quinoa Pilaf
& Broccoli and Carrots

495 cal

Asian Steak Salad

190 cal

Roast Beef with Pepper Relish Panini

300 cal

Cuban Black Bean Soup

180 cal