



MAIN DISH

MONDAYCalories

- Chicken Piccata260
- Fettuccini280
- Fresh Italian Vegetables150
- Buttered Green Peas96
- Parmesan Green Beans92

Dietitian's Choice

Chicken Piccata with Fresh Italian Vegetables and Buttered Green Peas

600

TUESDAYCalories

- Honey Burbon Pork Loin300
- Brown & Wild Rice Pilaf158
- Roasted Brussel Sprouts101
- Smashed Sweet Potatoes165
- Creamed Spinach62

Dietitian's Choice

Honey Burbon Pork Loin with Smashed Sweet Potatoes and Roasted Brussel Sprouts

566

WEDNESDAYCalories

- Savannah Meatloaf290
- Mashed Potatoes489
- Roasted Broccoli84
- Green Bean Almondine171
- Parmesan Tomatoes69

THURSDAYCalories

- Nashville Breaded Chicken370
- Buffalo Mac & Cheese742
- Sauteed Kale84
- Roasted Green Beans110
- Sauteed Vegetable Medley87

Dietitian's Choice

Vegetable Plate: Sauteed Kale, Roasted Green Beans, and Sauteed Vegetable Medley

281

FRIDAYCalories

- Smoked Pork Ribs340
- Smoked Chicken Thigh400
- Pulled Pork410
- Baked Macaroni & Cheese627
- Baked Beans276
- Smokey Collard Greens64
- Southwestern Cornbread299
- Chopped Country Coleslaw315

GERMAN

MONDAYCalories

- Hanchenkeulen570
- Roasted Green Beans110
- Roasted Potatoes130

TUESDAYCalories

- Zurcher Geschnetzeltes160
- Potato Wedges172
- Fresh Vegetable Medley81

WEDNESDAYCalories

- Kielbasa, Sauerkraut, & Potatoes370
- Glazed Carrots & Parsnips190
- Kasespatzle663

THURSDAYCalories

- Hahnhenschnitzel690
- German Red Cabbage182
- Potato Wedges172

FRIDAYCalories

- German Beef Roast410
- Roasted Green Beans110
- Steamed Rice281

SPECIALS

CHEF'S TABLECalories

- Monday- Wednesday: Steak, Cauliflower Barbacoa & Savannah Red Rice676
- Thursday-Friday: Greek Chicken Salad502

WHOLESONE GREENS

- Monday-Tuesday: Pineapple Beet Poke Bowl519
- Wednesday-Friday: Cali Bowl414

Enjoy in Moderation

Enjoy Sensibly

Enjoy Healthy Choices

