



Week of 1/12-1/16

MAIN DISH

MONDAY

- Salisbury Steak with Mushroom Gravy 590
- Garlic Mashed Potatoes 463
- Steamed White Rice 218
- Peas and Carrots 153
- Roasted Zucchini 61

Dietitian's Choice

Steamed White Rice with Peas & Carrots and Roasted Zucchini 432

TUESDAY

- Barbecue Pork Chops 440
- Jalapeno Mac and Cheese 326
- Roasted Ranch Potatoes 268
- Carrots Vichy 238
- Garlic Roasted Broccoli & Cauliflower 90

Dietitian's Choice

Roasted Ranch Potatoes with Carrots Vichy and Garlic Roasted Broccoli & Cauliflower 596

WEDNESDAY

- Chicken Breast Tampico 670
- Yellow Rice 338
- Roasted Sweet Potatoes 225
- Vegetable Medley 87
- Roasted Corn 175

Dietitian's Choice

Roasted Sweet Potatoes with Vegetable Medley and Roasted Corn 487

THURSDAY

- Beef Stew 650
- Roasted Broccoli 84
- Steamed White Rice 218
- Seasoned Braised Cabbage 58
- Parslied Potatoes 96

Dietitian's Choice

Roasted Broccoli with Steamed White Rice and Seasoned Braised Cabbage 360

FRIDAY

- Fried Fish 510
- Baked Whiting 340
- Corn on the Cob 47
- Smokey Collard Greens 60
- Chopped Country Coleslaw 320
- Hush Puppies 160

GERMAN

MONDAY

- Kasseler Rippchen 300
- Roasted Brussel Sprouts 101
- Roasted Potato Wedges 208

TUESDAY

- Chicken Fricassee 323
- Wild Rice Pilaf 210
- Peas and Pearl Onions 190

WEDNESDAY

- Frickadellen 691
- Garlic Mashed Potatoes 463
- German Red Cabbage 180

THURSDAY

- Jagarschnitzel 620
- Fried Potato Wedges 610
- German Red Cabbage 180

FRIDAY

- Bavarian Bierbraten 477
- Roasted Vegetables 140
- Spaetzle 416

SPECIALS

ESSENTIAL EATS

MONDAY - WEDNESDAY

- Sweet Chili Lime Buddha Bowl 507
- Grilled Chili Lime Chicken Bowl 494

THURSDAY & FRIDAY

- Grilled Sirloin with Root Vegetable Hash, Asparagus, and a Red Wine Reduction 667

GRILL SPECIAL OF THE WEEK

- Chicken Philly 578

