






Breakfast 6:30am-9:30am

Lunch 11am-2:00pm





Jan 6-12

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

Monday

Beef Stew w/Potatoes & Carrots	\$3.49	Steamed Rice	\$0.75
 CharGrilled Chicken Breast	\$2.49	Sweet Potato Casserole	\$1.50
 Rotisserie Chicken	\$2.49	 Winter Blend	\$0.99
Ultimate Baked Potato Soup	\$3.49	 Smothered Okra w/ Tasso	\$1.50
Dinner Roll	\$0.75	Sweet or Idaho Potatoes	\$1.00

Tuesday

Blackened Fish	\$2.99	Rice Dressing	\$1.50
 BBQ Glazed Pork Ribs	\$4.99	Loaded Potatoes	\$1.50
 Rotisserie Chicken	\$2.49	 Sweet Peas	\$0.99
Chicken Noodle Soup	\$2.49	 Broccoli	\$0.99
Dinner Roll	\$0.75	Sweet or Idaho Potatoes	\$1.00

Wednesday

Louisiana Purchase Pasta	\$2.99	Corn Nuggets	\$1.50
Beef Fajita Skillet	\$3.99	 Charro Beans	\$0.99
 Rotisserie Chicken	\$2.49	 California Blend	\$0.99
Broccoli & Cheese Soup	\$2.49	 Roasted Veggies	\$1.50
Garlic Toast	\$0.75	Sweet or Idaho Potatoes	\$1.00

Thursday

 Spaghetti & Meatballs	\$3.99	Fried Okra	\$1.50
Chargrilled Pork Chop	\$3.49	Smothered Potatoes with Sausage	\$1.50
 Rotisserie Chicken	\$2.49	 Smothered Green Beans	\$0.99
Chicken Enchilada Soup	\$3.49	 Corn	\$0.99
Garlic Toast	\$0.75	Sweet or Idaho Potatoes	\$1.00

Friday

Fried Fish	\$3.49	Macaroni and Cheese	\$1.50
 Roasted Pork Loin	\$3.49	Oven Roasted Red Potatoes	\$1.50
 Rotisserie Chicken	\$2.49	 Peas	\$0.99
Shrimp and Corn Bisque	\$3.49	 Malibu Blend	\$0.99
Dinner Roll	\$0.75	Sweet or Idaho Potatoes	\$1.00

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
January 6th - January 10th






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


Monday

	Cheese & Beef Rotini Pasta	400 Cals	\$3.49	Buttered Corn	95 Cals	\$0.99
	Glazed Pork Chops	360 Cals	\$3.49	Steamed Vegetable Medley	45 Cals	\$0.99
	Honey Butter Roll		\$1.50	Garlic Roasted Potatoes	95 Cals	\$1.50


Tuesday

	Pork & Sausage Jambalaya	420 Cals	\$3.49		Baked Sweet Potato	95 Cals	\$1.50
	Blackened Fish	300 Cals	\$2.49		Pork N Beans	95 Cals	\$0.99
					Steamed Broccoli	45 Cals	\$0.99


Wednesday

	Beef Stew	430 Cals	\$3.49		Steamed Rice	100 Cals	\$0.99
	Homemade Chili	410 Cals	\$3.49		Pork & Vegetable Egg Rolls	95 Cals	\$1.99
	Honey Butter Cornbread		\$1.50		Malibu Blend Veggies	45 Cals	\$0.99

Thursday

	Layered Beef & Potato Casserole	490 Cals	\$3.49		Carrot Souffle	100 Cals	\$1.50
	Rotisserie Chicken	350 Cals	\$2.49		Green Beans	80 Cals	\$0.99
					Honey Buttered Roll		\$1.50

Friday

	White Beans & Sausage	400 Cals	\$3.49		Seasoned Potato Wedges	120 Cals	\$1.50
	Fried Chicken Tenderloins	390 Cals	\$3.99		Steamed Rice	100 Cals	\$0.99
					Steamed Vegetable Medley	45 Cals	\$0.99

Saturday Closed (Main Campus Bistro is open!)

Sunday Closed (Main Campus Bistro is open!)

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