WEEK OF MONDAY, NOVEMBER 29

MONDAY
Entrée: Chicken Pesto w/Artichoke  cal 480
Grape Leaves  cal 25
Mashed Potatoes  cal 214
Steamed Vegetables  cal 15
Fresh Garden Salad  cal 80

TUESDAY
Entrée: Chicken Teriyaki  cal 170
Falafel Wrap  cal 330
Vegetable Fried Rice  cal 150
Steamed Vegetables  cal 15
Fresh Garden Salad  cal 80

WEDNESDAY
Entrée: Beef Stroganoff  cal 355
Veggie Alfredo Pasta  cal 303
Steamed Vegetables  cal 15
Fresh Garden Salad  cal 80

THURSDAY
Entrée: Chicken Enchiladas  cal 386
Grilled Veggie Kabobs  cal 130
Spanish Rice  cal 199
Steamed Vegetables  cal 15
Fresh Garden Salad  cal 80

FRIDAY
Fried Shrimp  cal 310
Vegetable Egg Rolls  cal 140
Steamed Rice  cal 121
Steamed Vegetables  cal 15
Fresh Garden Salad  cal 80