WEEK OF MONDAY, NOV. 1

MONDAY

Chicken Teriyaki  cal 170
Vegetable Egg Rolls  cal 140
Vegetable Fried Rice  cal 150
Steamed Vegetables  cal 15
Fresh Garden Salad  cal 80

Mon-Fri
Weekly Special $7.99
Includes-Regular or Veggie Option
with vegetables & small side salad

TUESDAY

Entrée: Salisbury Steak w/Gravy cal 240
Mashed Potatoes  cal 214
Falafel Pita Wrap  cal 330
Steamed Vegetables  cal 15
Fresh Garden Salad  cal 80

WEDNESDAY

Entrée: Beef Kabobs  cal 252
Grilled Veggie Kabobs  cal 130
Steamed Rice  cal 121
Steamed Vegetables  cal 15
Fresh Garden Salad  cal 80

THURSDAY

Entrée: Chicken Alfredo Pasta  cal 988
Veggie Alfredo Pasta  cal 303
Steamed Vegetables  cal 15
Fresh Garden Salad  cal 80

FRIDAY

Shrimp Pita Wrap  cal 324
Chicken Pita Wrap  cal 265
Hummus w/Pita Bread  cal 230
Steamed Vegetables  cal 15
Fresh Garden Salad  cal 80

Contact Us
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