

weekly menu

Monday, Sept 18

MOM'S SOUP BOWL:

- Chicken Noodle 3.00 ●
- Texas Chili 3.40 ●

HEALTHY HABITS:

- Sweet & Sour Grilled Chicken over Rice 6.25 ●

CHEF'S MARKET:

- Pork Fritter w/ 1 Side 6.25 ●

GRILL:

- Guacamole Turkey Burger 5.95 ●

SIDES:

- Mashed Potatoes 1.50 ●
- Mixed Veggies 1.45 ●

DAILY SPECIAL:

- Tuna Melt, Chips, & 20 oz. Fountain Drink 6.25 ●

Tuesday, Sept 19

MOM'S SOUP BOWL:

- Creamy Broccoli 3.00 ●
- Texas Chili 3.40 ●

HEALTHY HABITS:

- Zucchini Taco Boat over Rice 6.25 ●

CHEF'S MARKET:

- Classic Crab Cake with Chipotle Aioli 5.20 ●

SIDES:

- Wild Rice 1.50 ●
- Mixed Vegetables 1.45 ●

DAILY SPECIAL:

- Beef Philly, Homemade Chips, 20oz Fountain Drink 5.95 ●

Wednesday, Sept 20

MOM'S SOUP BOWL:

- Loaded Baked Potato 3.00 ●
- Texas Chili 3.40 ●

MADE TO ORDER:

- Syberg's Crispy Chicken Tender Salad 6.30 ●

HEALTHY HABITS:

- Beef & Broccoli over Rice 5.75 ●

GRILL:

- Fried Cod Sandwich with Cheese 5.75 ●

SIDES:

- Rice 1.50 ●
- Asian Blend Veggies 1.45 ●

DAILY SPECIAL:

- Turkey Burger, Homemade Chips, and 20oz. Fountain Drink 6.25 ●

Thursday

MOM'S SOUP BOWL:

- Tomato Soup 3.00 ●
- Texas Chili 3.40 ●

MADE TO ORDER:

- Loaded Smoked Pork Nachos 6.30 ●

HEALTHY HABITS:

- Mediterranean Chicken Breast 5.20 ●

GRILL:

- Polish Sausage w/ Peppers and Onions on a Bun 4.50 ●

SIDES:

- Fresh Vegetable 1.45 ●
- Lemon Parmesan Orzo 1.50 ●

DAILY SPECIAL:

- Grilled Cheese, Chips, and 20oz. Fountain Drink 5.75 ●

Friday

MOM'S SOUP BOWL:

- Minestrone 3.00 ●
- Texas Chili 3.40 ●

HEALTHY HABITS:

- Teriyaki Salmon over Cauliflower Rice 6.25 ●

CHEF'S MARKET:

- Breaded Pork Chop 5.20 ●

DELI SPECIAL:

- Build Your Own Two Topping Personal Pizza 5.95 ●

SIDES:

- Fresh Mixed Vegetables 1.45 ●
- Cheddar Mashed Potatoes 1.50 ●

DAILY SPECIAL:

- Grilled Chicken Sandwich and 20oz. Fountain Drink 6.25 ●



SERVED DAILY:

- Grilled Chicken Breast ●
- Turkey Burger ●
- Veggie Burger ●
- Vegetable Plate ● (3 choices)

GREEN Choose MORE often

YELLOW Choose in MODERATION

RED Choose LESS often