

weekly menu

Monday, Sept 25

MOM'S SOUP BOWL:

Beef Vegetable 3.00 ●

Texas Chili 3.40 ●

HEALTHY HABITS:

Mediterranean Grilled Shrimp & Veggies over Brown Rice 6.25 ●

CHEF'S MARKET:

Meatloaf 5.20 ●

SIDES:

Mashed Potatoes 1.50 ●

Fresh Veggies 1.45 ●

DAILY SPECIAL:

Buffalo Turkey Meatball Sub, Homemade Chips, & 20 oz. Fountain Drink 6.75 ●

Tuesday, Sept 26

MOM'S SOUP BOWL:

Ham & Bean 3.00 ●

Texas Chili 3.40 ●

HEALTHY HABITS:

Spiced Chicken Cutlets Topped with Fajita Veggies 6.25 ●

CHEF'S MARKET:

Loaded Baked Potato 5.20 ●

SIDES:

Southwest Rice 1.50 ●

Fresh Vegetables 1.45 ●

DAILY SPECIAL:

Hawaiian Chicken Sandwich & 20oz Fountain Drink 6.25 ●

Wednesday, Sept 27

MOM'S SOUP BOWL:

Chicken & Dumplings 3.00 ●

Texas Chili 3.40 ●

CHEF'S MARKET:

Sautéed Chicken Breast with Creamy Mushrooms and Peas 5.20 ●

HEALTHY HABITS:

Teriyaki Pineapple Pork Chop 5.20 ●

GRILL:

Catfish Nugget Platter with Fries 6.25 ●

SIDES:

Fried Rice 1.50 ●

Fresh Veggies 1.45 ●

DAILY SPECIAL:

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

Thursday, Sept 28

MOM'S SOUP BOWL:

Clam Chowder 3.00 ●

Texas Chili 3.40 ●

MADE TO ORDER:

Asian Chicken Salad 6.30 ●

CHEF'S MARKET:

Chicken Broccoli Divan 5.20 ●

SIDES:

Baked Sweet Potato

Wedges 1.50 ●

Fresh Vegetables 1.45 ●

DAILY SPECIAL:

Coney Island Chili Dog, Homemade Chips, and 20oz. Fountain Drink 6.50 ●

Friday, Sept 29

MOM'S SOUP BOWL:

Garden Vegetable 3.00 ●

Texas Chili 3.40 ●

HEALTHY HABITS:

Island Marinated Baked Chicken Quarter 5.20 ●

CHEF'S MARKET:

Pasta con Broccoli 5.20 ●

DELI SPECIAL:

Build Your Own Two

Topping Personal Pizza 5.95 ●

SIDES:

Green Beans 1.45 ●

Roasted Potatoes 1.50 ●

DAILY SPECIAL:

Beef & Cheddar Melt and 20oz. Fountain Drink 6.50 ●



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