

# weekly menu

## Monday, October 16

**MOM'S SOUP BOWL:**

- Chicken Noodle 3.10
- Texas Chili 3.50

**CHEF'S MARKET:**

- Spaghetti & Meatballs with Breadstick 5.49
- w/ 1 side 6.49

**HEALTHY HABITS:**

- Honey Mustard Chicken 4.59
- w/ 2 sides 6.49

**GRILL:**

- BBQ Rib Sandwich 4.59

**SIDES:**

- Oven Roasted Potatoes 1.50
- Spinach 1.40
- Mixed Veggies 1.40

**DAILY SPECIAL:**

- BBQ Rib Sandwich, French Fries, & 20 oz. Fountain Drink 6.79

## Tuesday, October 17

**MOM'S SOUP BOWL:**

- Corn Chowder 3.10
- Texas Chili 3.50

**MADE TO ORDER:**

- BBQ Light Ranch Smoked Chicken Salad 6.29

**CHEF'S MARKET:**

- Baked Meatloaf 4.79
- w/ 2 sides 6.99

**GRILL:**

- Pizza Burger 4.29

**SIDES:**

- Mashed Potatoes 1.50
- Roasted Veggies 1.40
- Corn 1.40

**DAILY SPECIAL:**

- Pizza Burger, Homemade Chips & 20oz Fountain Drink 6.49

## Wednesday, October 18

**MOM'S SOUP BOWL:**

- Minestrone 3.10
- Texas Chili 3.50

**HEALTHY HABITS:**

- Grilled Chicken Taco Salad on a Bed of Lettuce 6.79

**CHEF'S MARKET:**

- Taco Salad 6.79

**GRILL:**

- Mushroom Swiss Burger 4.29

**SIDES:**

- Refried Beans 1.50
- Roasted Corn 1.40
- Mexican Rice 1.40

**DAILY SPECIAL:**

- Mushroom & Swiss Burger, French Fries, and 20oz. Fountain Drink 6.49

## Thursday, October 19

**MOM'S SOUP BOWL:**

- Broccoli Cheddar 3.10
- Texas Chili 3.50

**HEALTHY HABITS:**

- Spinach & Feta Stuffed Tilapia 4.99
- w/ 2 sides 6.99

**CHEF'S MARKET:**

- Fried Chicken 4.79
- w/ 2 sides 6.99

**GRILL:**

- Greek Gyro 4.79

**SIDES:**

- Corn 1.40
- Mixed Veggies 1.40
- Mashed Potatoes 1.50

**DAILY SPECIAL:**

- Greek Gyro, Fries, 20oz. Fountain Drink 6.79

## Friday, October 20

**MOM'S SOUP BOWL:**

- Vegetable 3.10
- Texas Chili 3.50

**HEALTHY HABITS:**

- Chicken & Veggie Pasta in a Light Olive Oil Sauce 5.49
- w/ 1 Side 6.49

**CHEF'S MARKET:**

- Fried Fish 4.99
- w/ 2 Sides 6.99

**SIDES:**

- Coleslaw 1.40
- Mixed Veggies 1.40
- Mac & Cheese 1.50

**DAILY SPECIAL:**

- Toasted Ravioli, Homemade Chips, & 20oz. Fountain Drink 6.49



**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