

# weekly menu

## Monday, March 26

**MOM'S SOUP BOWL:**

- Chicken Noodle 3.10
- Texas Chili 3.50

**HEALTHY HABITS:**

- Baked Eggplant Parmesan 3.99
- with Two Sides 5.99

**CHEF'S MARKET:**

- Chicken Parmesan over Spaghetti Marinara with One Side 5.99
- 6.99

**GRILL:**

- Pulled Pork Slaw Dog 4.29

**SIDES:**

- Peas & Mushrooms 1.40
- Spinach 1.40

**DAILY SPECIAL:**

- Pulled Pork Slaw Dog, French Fries, & 20oz Fountain Drink 6.49

## Tuesday, March 27

**MOM'S SOUP BOWL:**

- Turkey & Rice 3.10
- Texas Chili 3.50

**HEALTHY HABITS:**

- Avocado Cobb Salad 6.29

**CHEF'S MARKET:**

- Red Beans and Rice with Grilled Spicy Sausage 5.99
- w/ 1 side 6.99

**GRILL:**

- Ham & Cheese Melt 4.99

**SIDES:**

- Cornbread 1.30
- Mixed Veggies 1.40
- Green Beans 1.50

**DAILY SPECIAL:**

- Ham & Cheese Melt, Homemade Chips & 20oz Fountain Drink 6.79

## Wednesday, March 28

**MOM'S SOUP BOWL:**

- Minestrone 3.10
- Texas Chili 3.50

**HEALTHY HABITS:**

- Baked Chicken with Salsa 4.79
- w/ 2 side 6.79

**CHEF'S MARKET:**

- Loaded Beef Nachos 6.99

**GRILL:**

- Mushroom Swiss Burger 4.29

**SIDES:**

- Mixed Vegetables 1.40
- Refried Beans 1.40
- Spanish Rice 1.40

**DAILY SPECIAL:**

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

## Thursday, March 29

**MOM'S SOUP BOWL:**

- Beef & Potato 3.10
- Texas Chili 3.50

**HEALTHY HABITS:**

- Shrimp & Vegetable Pasta in Lite Olive Oil Sauce 6.29

**CHEF'S MARKET:**

- Fried Chicken 4.79

**GRILL:**

- Philly Cheese Steak w/ Peppers & Onions 5.49

**SIDES:**

- Corn 1.40
- Mixed Veggies 1.40
- Mashed Potatoes 1.50

**DAILY SPECIAL:**

- Philly Cheese Steak w/ Peppers & Onions, Homemade Chips, 20oz. Fountain Drink 6.79

## Friday, March 30

**MOM'S SOUP BOWL:**

- Tomato 3.10
- Clam Chowder 3.50

**HEALTHY HABITS:**

- Spinach & Feta Stuffed White Fish 4.99
- w/ 2 Side 6.99

**CHEF'S MARKET:**

- Catfish Nuggets 4.99
- w/ 2 Sides 6.99

**GRILL:**

- Shrimp Po' Boy 5.49

**SIDES:**

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

**DAILY SPECIAL:**

- Shrimp Po' Boy, Small Tomato Soup, & 20oz. Fountain Drink 6.99



**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