

Monday: Italian Day \$10.95

Spaghetti w/ Meat Sauce: 🍴 Calories: 580, 📏 Sodium: 840mg

Chicken Parmesan: 🍴 Calories: 360, 📏 Sodium: 660mg, ❤️❤️ Heart-Healthy Option

Eggplant Parmesan (Vegetarian): 🍴 Calories: 320, 📏 Sodium: 680mg, ❤️❤️ Heart-Healthy Option, 🥕 Vegetarian Option

Garlic Bread: 🍴 Calories: 160, 📏 Sodium: 250mg

Caesar Salad: 🍴 Calories: 250, 📏 Sodium: 520mg, ❤️❤️ Heart-Healthy Option

Tiramisu: 🍴 Calories: 320, 📏 Sodium: 110mg

Tuesday: Comfort Food \$11.95

Chicken Fried Steak w/ Cream Gravy: 🍴 Calories: 670, 📏 Sodium: 1660mg

Meatloaf: 🍴 Calories: 410, 📏 Sodium: 840mg, ❤️❤️ Heart-Healthy Option

Macaroni and Cheese: 🍴 Calories: 330, 📏 Sodium: 810mg, 📏 Low Sodium Option

Mashed Potatoes: 🍴 Calories: 150, 📏 Sodium: 470mg, ❤️❤️ Heart-Healthy Option

Collard Greens: 🍴 Calories: 60, 📏 Sodium: 180mg, ❤️❤️ Heart-Healthy Option, 🥕 Vegetarian Option

Corn Bread w/ Butter: 🍴 Calories: 200, 📏 Sodium: 360mg

Chocolate Cake: 🍴 Calories: 350, 📏 Sodium: 290mg

Wednesday: BBQ w/ Spud Station \$11.95

BBQ Chicken: 🍴 Calories: 370, 📏 Sodium: 640mg, ❤️❤️ Heart-Healthy Option

BBQ Pork Ribs: 🍴 Calories: 590, 📏 Sodium: 940mg

BBQ Brisket: 🍴 Calories: 450, 📏 Sodium: 670mg, ❤️❤️ Heart-Healthy Option

Baked Beans: 🍴 Calories: 230, 📏 Sodium: 500mg, ❤️❤️ Heart-Healthy Option

Collard Greens: 🍴 Calories: 60, 📏 Sodium: 180mg, ❤️❤️ Heart-Healthy Option, 🥕

Vegetarian Option

Mac and Cheese: 🍴 Calories: 420, 📏 Sodium: 720mg

Buttered Corn: 🍴 Calories: 120, 📏 Sodium: 190mg, ❤️❤️ Heart-Healthy Option

Potato Station >> Baked Potato, Chili Bean, Cheese sauce, Chopped Bacon, Shredded cheddar

Cheese, Coleslaw: 🍴 Calories: varies based on toppings, 📏 Sodium: varies based on toppings, 🥕 Vegetarian Option available

Cornbread w/ Butter: 🍴 Calories: 200, 📏 Sodium: 360mg

Potato Chowder Soup: 🍴 Calories: 250, 📏 Sodium: 750mg

Salad Bar

Blueberry Cobbler & Ice Cream (Apple Cobbler, or Cherry Cobbler

Thursday: Mexican w/ Taco Bar \$11.95

• Chicken Adobado 🍴 Calories: 180, 📏 Sodium: 660mg

• Cajun Chicken Quesadillas 🍴 Calories: 320, 📏 Sodium: 610mg

• Cheese Enchilada topped with Enchilada Sauce 🍴 Calories: 280, 📏 Sodium: 625mg

- Refried Beans 🍴 Calories: 120, ☐ Sodium: 400mg, ❤️❤️ Heart-Healthy Option, 🥕 Vegetarian Option
- Cilantro Rice 🍴 Calories: 130, ☐ Sodium: 180mg, ❤️❤️ Heart-Healthy Option, 🥕 Vegetarian Option
- Corn and Black Bean Fiesta 🍴 Calories: 100, ☐ Sodium: 120mg, ❤️❤️ Heart-Healthy Option, 🥕 Vegetarian Option
- Hard and Soft Taco 🍴 Calories: 160-200 per taco, ☐ Sodium: 160-200mg per taco, ☐▼ Low Sodium Option
- Chicken Fajita 🍴 Calories: 180, ☐ Sodium: 200mg, ❤️❤️ Heart-Healthy Option
- Ground Beef w/ Taco Seasoning 🍴 Calories: 200, ☐ Sodium: 390mg
- Salad Bar: Varies based on toppings and dressing ❤️❤️ Heart-Healthy Option, 🥕 Vegetarian Option
- Churros & Ice Cream 🍴 Calories: 300, ☐ Sodium: 60mg

Friday: Land and Sea w/ Carving Station \$13.95

- Carving Station >> Steamed Round ship w/ Au jus 🍴 Calories: 160, ☐ Sodium: 100mg, ❤️❤️ Heart-Healthy Option
- Korean Sweet and Spicy Chicken wings 🍴 Calories: 120 per wing, ☐ Sodium: 200mg per wing
- Pork Bulgogi (Spicy) 🍴 Calories: 280, ☐ Sodium: 730mg
- Fried Catfish w/ Tartar Sauce 🍴 Calories: 300, ☐ Sodium: 460mg
- Cocktail Shrimp w/ Cocktail Sauce 🍴 Calories: 70 per shrimp, ☐ Sodium: 230mg per shrimp, ❤️❤️ Heart-Healthy Option • Steamed Rice 🍴 Calories: 120, ☐ Sodium: 0mg, ❤️❤️ Heart-Healthy Option, 🥕 Vegetarian Option
- Roasted Garlic Potato 🍴 Calories: 200, ☐ Sodium: 230mg
- Caribbean Veg 🍴 Calories: 70, ☐ Sodium: 55mg, ❤️❤️ Heart-Healthy Option, 🥕 Vegetarian Option
- Cabbage Kimchi 🍴 Calories: 15, ☐ Sodium: 100mg, ❤️❤️ Heart-Healthy Option, 🥕 Vegetarian Option
- Dinner Roll w/ Butter 🍴 Calories: 200, ☐ Sodium: 260mg
- Clam Chowder Soup 🍴 Calories: 230, ☐ Sodium: 810mg • Salad Bar: Varies based on toppings and dressing ❤️❤️ Heart-Healthy Option, 🥕 Vegetarian Option • Dessert: Brownie & Ice cream 🍴 Calories