



MAIN DISH

MONDAY Calories

- Honey Roasted Chicken 248
- Mashed Potatoes 244
- Honey Roasted Carrots 54
- Ratatouille 168
- Sauteed Vegetable Medley 43

Dietitian's Choice

- Vegetable Plate: Honey Roasted Carrots, Ratatouille, and Sauteed Vegetable Medley 265

TUESDAY Calories

- Beef Lasagna 438
- Steamed Green Beans 31
- Garlic Roasted Broccoli & Cauliflower 67
- Garlic Bread Sticks 173
- Sweet Pea Orzo 570

Dietitian's Choice

- Beef Lasagna with Steamed Green Beans and Garlic Roasted Broccoli & Cauliflower 536

WEDNESDAY Calories

- Carved Pork Loin 199
- Roasted Broccoli 42
- Lemon Dill Rice 116
- Potatoes au Gratin 291
- Smokey Collard Greens 32

Dietitian's Choice

- Carved Pork Loin with Roasted Broccoli and Smokey Collard Greens 273

THURSDAY Calories

- Beef Bourguignon 445
- Roasted Cauliflower 20
- Roasted Yellow Squash 36
- Mashed Potatoes 244
- Brown and Wild Rice Pilaf 158

Dietitian's Choice

- Beef Bourguignon with Roasted Cauliflower and Roasted Yellow Squash 501

FRIDAY Calories

- Fried Fish 254
- Baked Flounder 250
- Chopped Country Coleslaw 225
- Corn on the Cob 47
- Summer Succotash 40
- Buttered Green Peas 96

Dietitian's Choice

- Baked Flounder with Corn on the Cob, Summer Succotash, and Buttered Peas 433

GERMAN

MONDAY Calories

- Konisgberger Klopse 509
- Braised Cabbage 58
- Spaetzle 138

TUESDAY Calories

- Hanchenkeulen 658
- Green Beans and Cherry Tomatoes 60
- Red Potatoes 108

WEDNESDAY Calories

- Schinkennudeln 661
- Roasted Carrots 70
- Roasted Brussels Sprouts 50

THURSDAY Calories

- Jagerschnitzel 618
- Brown Gravy 40
- Mashed Potatoes 244
- German Red Cabbage 182

FRIDAY Calories

- Sckwenkbraten 597
- Dijon Roasted Red Potatoes 109
- Roasted Vegetables 68

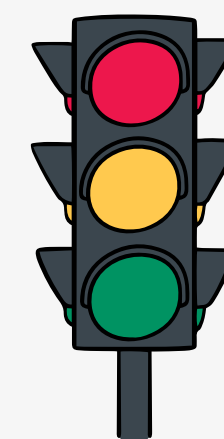
SPECIALS

CHEF'S TABLE Calories

- Monday- Strawberry Fields Salad 465
- Tuesday- Strawberry Fields Salad 465
- Wednesday- Strawberry Fields Salad 465
- Thursday- Teriyaki Salmon Bowl 575
- Friday- Teriyaki Salmon Bowl 575

WHOLESOME GREENS

- Monday-Tuesday: Indian Spiced Chickpea Bowl 523
- Wednesday-Friday: Whole Wheat Pasta Primavera 395



Enjoy in Moderation

Enjoy Sensibly

Enjoy Healthy Choices

