

MON7/28

TUE7/29

WED7/30

THU7/31

FRI8/1

Country Fried Steak 320 Cal 180 Cal Chicken Fried Chicken Long Grain Wild Rice 175 Cal Homestyle Mashed Potatoes 90 Cal Roasted Broccoli 40 Cal Italian Green Beans 30 Cal Grill Special: Buffalo Chicken Melt 750 Cal Soup: 200 Cal Gumbo	Beef Enchiladas 430 Cal Taco Salad 650-750 Cal 850-950 Cal Loaded Nacho Grill Special: 760 Cal Loaded Potato Burger 155 Cal Soup: Posole Rojo	Loaded Baked Potato 550-800 Cal Loaded with choice of protein, and veggies Vegetable Medley 70 Cal Grill Special: Chicken Quesadilla 750 Cal Soup: 320 Cal Chicken Noodle	BBQ: Pulled Pork 460 Cal Spare-Ribs 430 Cal Brisket 400 Cal Jalapeno Sausage 270 Cal Ranchero Beans 165 Cal Mac & Cheese 220 Cal Coleslaw 210 Cal Potato salad 230 Cal Grill Special: Carolina Pork Loaded Fries 800 Cal Soup: 200 Cal Broccoli Cheddar	Wing Bar 370 Cal Choice of Flavor Waffle Fries 200Cal Carrots and Celery 60 Cal
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