

BREAKFAST: 6:30 – 10 a.m.
LUNCH: 11 a.m. – 2 p.m.
CLOSED: 2 – 3 p.m.

GRILL ONLY: 3 – 4 p.m.
DINNER: 4 – 7 p.m.
GRILL ONLY: 7 – 9 p.m.

(Items subject to change.)

<p>Monday, January 28</p>	<p>Tuesday, January 29</p>	<p>Wednesday, January 30</p>																											
<p>Featured: Pan Seared Italian Chicken Breast Meatloaf w/ Red Sauce Chicken/Beef Bowl</p> <p>Sides: Risotto Rice Green Beans Mashed Potatoes Bermuda Blend Mixed Beans</p>	<p>Featured: Liver & Onions Fried Shrimp w/ Hushpuppies Frito Chili Pie</p> <p>Sides: Macaroni & Cheese Green Beans Mashed Potatoes Fried Green Tomatoes Sicilian Blend</p>	<p>Featured: Orange Chicken over Rice Roast Beef w/ Vegetables Turkey Cucumber Ranch Wrap</p> <p>Sides: Green Beans Cob Corn Lima Beans Egg Rolls Stir Fry Veggies</p>																											
<p>Thursday, January 31</p>	<p>Friday, February 1</p>	<p>Saturday, February 2</p>																											
<p>Featured: Crunchy Baked Cod BBQ Ribs Taco Salad</p> <p>Sides: Ranch Potatoes Baked Beans Fried Onion Petals Malibu Blend Sautéed Mushrooms</p>	<p>Featured: Mojito Lime Chicken Breast 5 Cheese Lasagna Fish Sandwiches & Fries</p> <p>Sides: Mexican Rice Jalapeno Poppers Black Beans Roasted Broccoli Green Beans</p>	<p>Featured: Fried Chicken Breast Macaroni, Beef & Tomatoes</p> <p>Sides: Mashed Potatoes Sicilian Blend Fried Cheese Sticks Green Beans</p>																											
<p>Sunday, February 3</p>	<p>Served Every Day:</p>		<p>Healthy Tips:</p>																										
<p>Featured: Fried Pork Chops Meatloaf w/ Brown Gravy</p> <p>Sides: Mashed Potatoes Turnip Green Green Beans Cut Corn</p>	<table border="0"> <tr> <td>Breakfast Daily</td> <td>Cold Ham or Turkey Sandwich</td> </tr> <tr> <td>Hamburgers</td> <td>Salad Bar</td> </tr> <tr> <td>Cheeseburgers</td> <td>Soup of the Day</td> </tr> <tr> <td>Hot Ham & Cheese</td> <td>Assorted Desserts</td> </tr> <tr> <td>Hot Turkey Sandwich</td> <td>Cobbler of the Day</td> </tr> <tr> <td>Fish Sandwich</td> <td>French Fries</td> </tr> <tr> <td>Chicken Salad</td> <td>Onion Rings</td> </tr> <tr> <td>Sandwich</td> <td>Chicken Fingers</td> </tr> <tr> <td>Tuna Salad Sandwich</td> <td>Yogurt Shooters</td> </tr> <tr> <td>Pimento Cheese</td> <td>Baked Potato</td> </tr> <tr> <td>Bologna Sandwich</td> <td>Baked Sweet Potato</td> </tr> <tr> <td>Grilled Chicken</td> <td></td> </tr> <tr> <td>Veggie Burgers</td> <td></td> </tr> </table>		Breakfast Daily	Cold Ham or Turkey Sandwich	Hamburgers	Salad Bar	Cheeseburgers	Soup of the Day	Hot Ham & Cheese	Assorted Desserts	Hot Turkey Sandwich	Cobbler of the Day	Fish Sandwich	French Fries	Chicken Salad	Onion Rings	Sandwich	Chicken Fingers	Tuna Salad Sandwich	Yogurt Shooters	Pimento Cheese	Baked Potato	Bologna Sandwich	Baked Sweet Potato	Grilled Chicken		Veggie Burgers		<p>Items in red are healthier choices.</p> <p>How to be Salad Savvy For a 300 calorie or less salad: Start with lettuce and add non-starchy vegetables like carrots, cucumber, and tomatoes. Next, add a protein of grilled chicken from the grill OR do a plant based protein and top with chickpeas from the salad bar. Finish your salad with oil and vinegar or a low-fat dressing. Beware of toppings high in saturated fat and calories: dressings and cheeses.</p>
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