

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.)

Monday, August 19

Featured:

Roast Beef in Au Jus w/ Vegetables
Chicken & Dumplings
Popcorn Shrimp Basket
Chicken & Dumpling Soup

Sides:

Mashed Potatoes
Thickened Peas
Baby Carrots
Green Beans
Escaloped Apples
Strawberry Cobbler

Tuesday, August 20

Featured:

Fried Pork Chops
Stuffed Chicken Breast
Swiss Mushroom Burger
Chicken & Sausage Gumbo

Sides:

Butter Beans
Fried Okra
Green Beans
Scalloped Potatoes
Sicilian Blend
Bread Pudding

Wednesday, August 21

Featured:

Macaroni Beef & Tomatoes
**"Oven Baked Crunchy Tilapia
w/ Lemon Butter"**
Fried Chicken Sandwich
Tomato Basil Soup

Sides:

Green Beans
Pinto Beans
Scalloped Tomatoes
Cheese Sticks
Stewed Whole Potatoes
Cherry Cobbler

Thursday, August 22

Featured:

Salmon Croquettes
Beef Tips w/ Rice
Grilled Chicken Caesar Salad
Potato Soup

Sides:

Red Potatoes
Cut Corn
Broccoli Spears
Blackeye Peas
Green Beans
Peach Cobbler

Friday, August 23

Featured:

Chicken Parmesan
Cajun Catfish
Turkey Avocado Club Wrap
Chicken Tortilla Soup

Sides:

Bermuda Blend
Mashed Potatoes
Green Beans
Macaroni & Cheese
Fried Apple Crescents
Blackberry Cobbler

Saturday, August 24

Featured:

Stuffed Chicken w/ Broccoli
Stuffed Peppers
Cream of Broccoli Soup

Sides:

Loaded Potato Casserole
California Blend
Lima Beans
Wild Rice
Apple Cobbler

Sunday, August 25

Featured:

Sliced Ham w/ Pineapple
Fried Chicken
Vegetable Soup

Sides:

Candied Yams
Broccoli Rice Casserole
Cut Corn
Green Beans
Blackberry Cobbler

Served Every Day:

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	

Healthy Tips:

Items in red are healthier choices.
National Trail Mix day is in August!

Nuts are a great source of healthy fats in your diet. But be careful, they are still a high calorie item so make sure you eat the correct amount. A serving size of nuts is ¼ cup or small handful; this makes a great 180 calorie snack! Nuts are a good source of fiber, provide B vitamins, vitamin E, and minerals like calcium, iron, zinc, potassium, and magnesium. Sprinkle on your salad, in your yogurt, or in trail mix with dried fruit.

