

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, December 30</p> <p>Featured: Pan Seared Italian Chicken Breast Meatloaf w/ Red Sauce Fish Tacos Smoked Red Pepper Gouda</p> <p>Sides: Risotto Rice Green Beans Mashed Potatoes Bermuda Blend Mixed Beans Bread Pudding</p>	<p>Tuesday, December 31</p> <p>Featured: Liver & Onions Fried Shrimp w/ Hushpuppies Vegetable Soup</p> <p>Sides: Sauteed Mushrooms Green Beans Mashed Potatoes Fried Zucchini Sticks Sicilian Blend Blackberry Cobbler</p>	<p>Wednesday, January 1</p> <p>Featured: Fried Chicken Roast Beef w/ Vegetables Chicken & Wild Rice Soup</p> <p>Sides: Green Beans Cut Corn Mashed Potatoes Blackeye Peas Apple Cobbler</p>																								
<p>Thursday, January 2</p> <p>Featured: Crunchy Baked Cod BBQ Ribs Taco Salad Cream of Broccoli Soup</p> <p>Sides: Ranch Potatoes Baked Beans Fried Green Tomatoes Macaroni & Cheese Malibu Blend Peach Cobbler</p>	<p>Friday, January 3</p> <p>Featured: Mojito Lime Chicken Breast Baked Ziti Fish Sandwich Potato Soup</p> <p>Sides: Mexican Rice Jalapeno Poppers Black Beans Broccoli w/ Cheese Sauce Green Beans Strawberry Cobbler</p>	<p>Saturday, January 4</p> <p>Featured: Stuffed Cabbage Chicken Tetrazzini Chicken & Sausage Gumbo</p> <p>Sides: Mashed Potatoes Sicilian Blend Fried Cheese Sticks Green Beans Blackberry Cobbler</p>																								
<p>Sunday, January 5</p> <p>Featured: Fried Pork Chops Meatloaf w/ Brown Gravy Vegetable Beef Soup</p> <p>Sides: Mashed Potatoes Turnip Green Green Beans Cut Corn Apple Cobbler</p>	<p>Served Every Day:</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 Sandwich</td> <td>Onion Rings</td> </tr> <tr> <td>Tuna Salad Sandwich</td> <td>Chicken Fingers</td> </tr> <tr> <td>Pimento Cheese</td> <td>Yogurt Shooters</td> </tr> <tr> <td>Bologna Sandwich</td> <td>Baked Potato</td> </tr> <tr> <td>Grilled Chicken</td> <td>Baked Sweet Potato</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 Sandwich	Onion Rings	Tuna Salad Sandwich	Chicken Fingers	Pimento Cheese	Yogurt Shooters	Bologna Sandwich	Baked Potato	Grilled Chicken	Baked Sweet Potato	Veggie Burgers		<p>Healthy Tips:</p> <p>Items in red are healthier choices. 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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