

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, January 6	Tuesday, January 7	Wednesday, January 8
<p>Featured: Roast Beef in Au Jus w/ Vegetables Chicken & Dumplings Popcorn Shrimp Basket Chicken & Dumpling Soup</p> <p>Sides: Mashed Potatoes Thickened Peas Baby Carrots Green Beans Escalloped Apples Apple Cobbler</p>	<p>Featured: Fried Pork Chops Stuffed Chicken Breast Swiss Mushroom Burger Chicken & Sausage Gumbo</p> <p>Sides: Butter Beans Fried Okra Green Beans Scalloped Potatoes Sicilian Blend Bread Pudding</p>	<p>Featured: Chicken Alfredo "Oven Baked Crunchy Tilapia w/ Lemon Butter" Roast Beef & Cheddar Tomato Basil Soup</p> <p>Sides: Green Beans Pinto Beans Scalloped Tomatoes Cheese Sticks Stewed Whole Potatoes Cherry Cobbler</p>
Thursday, January 9	Friday, January 10	Saturday, January 11
<p>Featured: Salmon Croquettes Beef Tips w/ Rice BBQ Nachos Potato Soup</p> <p>Sides: Red Potatoes Cut Corn Broccoli Spears Blackeye Peas Green Beans Peach Cobbler</p>	<p>Featured: Chicken Parmesan Cajun Catfish Turkey Avocado Club Wrap Chicken Tortilla Soup</p> <p>Sides: Bermuda Blend Mashed Potatoes Green Beans Macaroni & Cheese Fried Apple Crescents Blackberry Cobbler</p>	<p>Featured: Stuffed Chicken w/ Broccoli Stuffed Peppers Cream of Broccoli Soup</p> <p>Sides: Loaded Potato Casserole California Blend Lima Beans Wild Rice Apple Cobbler</p>
Sunday, January 12	Served Every Day:	Healthy Tips:
<p>Featured: Sliced Ham w/ Pineapple Fried Chicken Vegetable Soup</p> <p>Sides: Candied Yams Broccoli Rice Casserole Cut Corn Green Beans Blackberry Cobbler</p>	<p>Breakfast Daily Hamburgers Cheeseburgers Hot Ham & Cheese Hot Turkey Sandwich Fish Sandwich Chicken Salad Sandwich Tuna Salad Sandwich Pimento Cheese Bologna Sandwich Grilled Chicken Veggie Burgers</p> <p>Cold Ham or Turkey Sandwich Salad Bar Soup of the Day Assorted Desserts Cobbler of the Day French Fries Onion Rings Chicken Fingers Yogurt Shooters Baked Potato Baked Sweet Potato</p>	<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>

