

December 24-30

Breakfast 7AM-9:30AM
 Lunch 11AM-1:30PM / 2:30PM-4:30PM Soup/Salad Bar
 Dinner 4:30PM-6:30PM-Sat/Sun-Made to order only

Open Monday-Sunday
 Grab and Go Options
 Available 24 Hours a day



		Aprox Calories	Moderate Activity	Cals.Burned Per Hour	Price
Monday					
HOME:	Beef & Broccoli over Fried Rice	480 Cal	Walking	1 3/5	3.50
	Sweet Sour Chicken over Fried Rice	320 Cal		1 1/9	2.75
VEGGIE:	Egg Roll-1.00, Stir Fry Veggie & Roasted Edamame				0.75
SIMMER:	Ham & Bean with Corn Bread (.35)	160 Cal		8/9	1.75/2.50
Tuesday					
HOME:	Apple Brie Stuffed Chicken Breast				2.75
	Glazed Ham				2.75
VEGGIE:	Green Beans, Mashed Potatoes, Side Salad				0.75
	Dinner Roll				
SIMMER:	Chef Choice				1.75/2.50
	Non Staff Meal				6.05
Wednesday					
HOME:	Hand Carved Roast Turkey on Pretzel Roll	410 Cal		1 2/5	3.25
	Mac & Cheese	320 Cal		1 1/9	2.25
VEGGIE:	Bacon/Tomato/Spinach with Parm, Redskin Mashed/Gravy & Mixed Veggie				0.75
SPECIALTY:		Varies			1.75/2.50
SIMMER:	Corn Chowder				
Thursday					
HOME:	Baked Potato Bar No Topping-1.00 with Toppings 2.50	350 Cal		3/4	2.50
VEGGIE:	Steamed Broccoli, Balsamic Mushrooms & Mixed Vegetables				0.75
SPECIALTY:	Toppings Bar				
SIMMER:	Homemade Chili	300 Cal		1	1.75/2.50
Friday					
HOME:	Siracha Honey Chicken Breast	228 Cal		4/5	2.99
VEGGIE:	Brussels, Tator Tots with Cheese & Dill Pick Pasta Salad				0.75
SIMMER:	Twice Baked Potato	240 Cal		4/5	1.75/2.50
Saturday					
HOME:	Creamy Crack Chicken Sandwich	406 Cal		1 2/5	2.50
VEGGIE:	Fresh Fruit & Green Beans				0.75
SIMMER:	Chef's Choice				1.75/2.50
Sunday					
HOME:	Salad Bar				
HOME:	Deli Wrap	540 Cal		1 4/5	2.99
VEGGIE:	Mustard Potato Salad & French Fries				0.75
SIMMER:	Chef's Choice				1.75/2.50

FOOD SERVICE DIRECTOR
 PETER JOVEVSKI
 260-920-2537

Menu Subject to Change