WEEKLY SUPER SIX $meal deal

chicken parmesan sub $6.00

sensible breakfast: egg and cheese whole wheat $2.29
self-serve breakfast items: scrambled eggs and breakfast meats vary
hot breakfast cereal and grits $1.50 / $2.00 / $2.50
LUNCH
soup of the day: garden vegetable $2.80 / $3.80 / $4.80
butcher & baker: carved loin with bacon and cheddar $7.50
entree: fajita platter with garlic roasted broccoli and cauliflower $6.48
sensible selection grill: poblano chickpea burger $6.48
create: spinach and strawberry salad $8.48

breakfast:

Wednesday, April 25, 2018

sensible breakfast: egg and cheese whole wheat $2.29
self-serve breakfast items: scrambled eggs and breakfast meats vary
hot breakfast cereal and grits $1.50 / $2.00 / $2.50
LUNCH
soup of the day: curried rice and lentil $2.80 / $3.80 / $4.80
butcher & baker: carved loin with bacon and cheddar $7.50
entree: superfood herbs & spices-chicken coconut curry $8.48
sensible selection grill: poblano chickpea burger $6.48
create: revolution noodle $8.48

breakfast:

Thursday, April 26, 2018

sensible breakfast: egg and cheese whole wheat $2.29
self-serve breakfast items: scrambled eggs and breakfast meats vary
hot breakfast cereal and grits $1.50 / $2.00 / $2.50
LUNCH
soup of the day: vegetable beef barley $2.80 / $3.80 / $4.80
butcher & baker: roasted turkey sandwich $7.50
grill: baked chicken fingers $6.48
create: earth bowl $12.48

breakfast:

Friday, April 27, 2018

sensible breakfast: egg and cheese whole wheat $2.29
self-serve breakfast items: scrambled eggs and breakfast meats vary
hot breakfast cereal and grits $1.50 / $2.00 / $2.50
LUNCH
soup of the day: vegetable minestrone $2.80 / $3.80 / $4.80
butcher & baker: carved loin with bacon and cheddar $7.50
entree: superfood herbs & spices-herb chicken kebob $8.48
sensible selection grill: poblano chickpea burger $5.99
create: stop food waste day- fish tacos $9.48