SOUTHERN KITCHEN

MEAL SWIPE
1 Entrée, 3 Sides, and a Fountain Drink

COMBO
1 Entree & 3 Sides .....$10.99

Monday’s Menu

Entrées
Seasoned Roast Beef 120 cal,
Roasted Turkey with Gravy 230 cal

Sides
Green Beans and Peppers 90 cal
Red Skin Mashed Potatoes 130 cal
Broccoli Mac and Cheese 190 cal
Brussels and Carrots 30 cal

Additional nutrition information available upon request. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Tuesday’s Menu

Entrées
- Jambalaya 310 cal
- Vegan Jambalaya 200 cal
- Cajun Roasted Porkloin 200 cal

Sides
- Seasoned Rice 130 cal
- Baked Sweet Potato 150 cal
- California Blend Veggies 20 cal

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Wednesday’s Menu

Entrées

Marinara Meat Sauce and Meatballs 100 cal
Italian Sausage 580 cal
Spinach Lasagna 300 cal
Spaghetti 110 cal

Sides

Roasted Italian Veggies 100 cal
Herbed Potatoes 90 cal
Steamed Broccoli 20 cal

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Thursday’s Menu

Entrées
Fried Chicken 590 cal
Rotisserie Chicken 350 cal
Vegan Chicken Tenders 200 cal

Sides
Macaroni and Cheese 200 cal
Collard Greens 50 cal
Black-Eyed Peas 110 cal
Choice of Cornbread 250 cal

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Friday’s Menu

Entrées
Fried Fish 240 cal
Baked Fish 110 cal

add Tartar Sauce 310 cal

Sides
Peas and Carrots 45 cal
Corn on the Cob 40 cal
Onion Rings 200 cal
Broccoli Cheddar Rice 200 cal

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Monday’s Menu

Entrées
Chicken Pot Pie 370 cal,
Southwest Flank Steak 200 cal
Mushroom Vegetable Casserole 210 cal

Sides
Vegetable Medley 45 cal
Creamed Spinach 80 cal
Red Beans and Rice 130 cal

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Tuesday’s Menu

Entrées
Glazed Porkchops 200 cal
Swedish Meatballs 290 cal
Baked Penne 150 cal

Sides
Green Beans and Carrots 45 cal
Succotash 100 cal
Mashed Red Skin Potatoes 130 cal

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Wednesday’s Menu

Entrées
- Hamburger: 380 cal
- Hot Dog: 310 cal
- Black Bean Burger: 100 cal

Sides
- Fries: 390 cal
- Onion Rings: 200 cal
- Three Bean Chili: 130 cal
  (Choice of Toppings: Chives, Sour Cream, Cheddar)
- Seasoned Carrots: 60 cal

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Thursday’s Menu

Entrées
Fried Chicken 590 cal
Rotisserie Chicken 350 cal
Vegan Chicken Tenders 200 cal
Hoppin’ John 150 cal

Sides
Macaroni and Cheese 200 cal
Collard Greens 50 cal
Butter Beans 160 cal
Choice of Cornbread 250 cal

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Friday’s Menu

Entrées
Fried Fish 240 cal
Baked Fish 110 cal
add Tartar Sauce 310 cal

Sides
Peas and Carrots 45 cal
Corn on the Cob 40 cal
Onion Rings 200 cal
Broccoli Cheddar Rice 200 cal

Additional nutrition information available upon request. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.