Monday’s Menu

Jerk Chicken 340 cal
Braised Cabbage 90 cal
Seasoned Rice 130 cal
Black Beans 90 cal
Grilled Asparagus

Ferst Place EATERY
Tuesday’s Menu

Cajun Rice 140 cal
Shrimp Etouffee 100 cal
Marinated Green Beans 30 cal
Crispy Okra 110 cal
Blackened Chicken 160 cal

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Wednesday’s Menu

Shepherd’s Pie 420 cal
Green Beans 20 cal
Herb Rice 140 cal
Spicy Corn & Tomatoes 120 cal
Grilled Pork 150 cal

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Thursday’s Menu

Fried Chicken 590 cal
Macaroni & Cheese 200 cal
Black-Eyed Peas 110 cal
Baked Chicken 350 cal
Collard Greens 50 cal

Ferst Place EATERY
Friday’s Menu

BBQ Ribs 590 cal
Corn on the Cob 50 cal
Baked Beans 110 cal
Black Bean Burger 100 cal

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