



Weekly Menu

128 Bistro Nov 18-Nov 22

| Monday | <u>Italain Favors</u> | Calories |
|-----------|---------------------------------|----------|
| | entrée: Cajun Shrimp Pasta | 220 |
| | entrée: Cajun Chicken | 210 |
| | side item: White Rice | 95 |
| | side item: Brown Rice | 45 |
| | side item: Broccoli | 45 |
| | side item: Asparagus | |
| | side item: | 50 |
| | soup: Soup De Jour | |
| Tuesday | | Calories |
| | entrée: Taco Bar | 110 |
| | entrée: toppings | 210 |
| | side item: Beef | 95 |
| | side item: Chicken | 45 |
| | side item: Rice, Brown | 45 |
| | side item: White Rice | 95 |
| | side item: | 45 |
| | soup: southwest tortilla soup | |
| Wednesday | | Calories |
| | entrée: Rdry Rub Ribs | 220 |
| | entrée: Flank Steak | 210 |
| | side item: Brown Rice | 45 |
| | side item: Mex Vegetables | 45 |
| | side item: | 20 |
| | side item: Green Beans | 45 |
| | side item: white rice | 95 |
| | soup: chicken noodle soup | |
| Thursday | | Calories |
| | entrée: | 249 |
| | entrée: Pizza Bar | 250 |
| | side item: Meatless | 70 |
| | side item: All meat | 45 |
| | side item: Supreme | 95 |
| | side item: Cheese | 45 |
| | side item: Veg's Medly | 45 |
| | soup: tomato basil bisque | |
| Friday | <u>ALOHA FRIDAY</u> | Calories |
| | entrée: Hotdog bar | 180 |
| | entrée: Potato Bar | 110 |
| | side item: Broccoli | 45 |
| | side item: Brown Rice | 45 |
| | side item: Seasoned Fries | 60 |
| | side item: | 80 |
| | side item: | |
| | soup: baked stuffed potato soup | |

*Menu is subject to change due to availability.