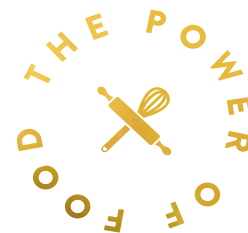


# Baptist Main Café Menu



Hours of Operation: Mon-Fri 6:30am - 7pm    Weekends 6:30am-6:30pm

# Weekly Menu

Day	Calories
<b>Monday</b>	<b>Calories</b>
<b>entrée:</b> Mesquite Flank Steak	360
<b>entrée:</b> Lemon Pepper Pork Loin	170
<b>side item:</b> Macaroni and Cheese <b>V</b>	150
<b>side item:</b> Dijon Roasted Potatoes <b>FIT V</b>	110
<b>side item:</b> Zucchini, Yellow Squash, Red Peppers <b>FIT V+</b>	30
<b>side item:</b> Roasted Roma Tomatoes <b>FIT V+</b>	45
<b>soup:</b> White Chicken Chili & Vegetable	
<b>Tuesday</b>	<b>Calories</b>
<b>entrée:</b> Herb Crusted Fish	140
<b>entrée:</b> Chipotle Honey Turkey <b>FIT</b>	190
<b>side item:</b> Roasted Sweet Potatoes <b>FIT V+</b>	110
<b>side item:</b> Broccoli with Garlic <b>FIT V+</b>	4
<b>side item:</b> Corn on the Cob <b>FIT V+</b>	60
<b>side item:</b> Fresh Green Beans <b>FIT V+</b>	35
<b>soup:</b> Chicken Tortilla & Tomato	
<b>Wednesday</b>	<b>Calories</b>
<b>entrée:</b> Garlic Pork Loin <b>FIT</b>	170
<b>entrée:</b> Baked Fish <b>FIT</b>	80
<b>side item:</b> Mashed Sweet Potatoes <b>FIT V</b>	140
<b>side item:</b> Steamed Broccoli <b>FIT V+</b>	35
<b>side item:</b> Roasted Squash <b>FIT V+</b>	45
<b>side item:</b> Garlic Orzo <b>FIT V</b>	140
<b>soup:</b> Chicken Rice & Broccoli Cheese	
<b>Thursday</b>	<b>Calories</b>
<b>entrée:</b> Beef Pot Roast <b>FIT</b>	180
<b>entrée:</b> Jamaican Jerk Chicken Thigh	270
<b>side item:</b> Roasted Potatoes <b>FIT V+</b>	110
<b>side item:</b> Rice and Beans <b>FIT V+</b>	200
<b>side item:</b> Roasted Carrots <b>FIT V+</b>	35
<b>side item:</b> Collard Greens <b>FIT</b>	50
<b>soup:</b> Chicken Noodle & Black Bean	
<b>Friday</b>	<b>Calories</b>
<b>entrée:</b> Fried Chicken	420
<b>entrée:</b> Texas Pork	170
<b>side item:</b> Garlic Mashed Potatoes <b>V</b>	120
<b>side item:</b> Macaroni and Cheese <b>V</b>	150
<b>side item:</b> Roasted Carrots <b>FIT V+</b>	70
<b>side item:</b> Zucchini and Tomatoes <b>FIT V+</b>	30
<b>soup:</b> Tomato Basil & Clam Chowder	

**\*Menu is subject to change due to availability.**

FIT Criteria = **FIT**    Vegetarian = **V**    Vegan = **V+**