

August 21-August 21
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Soup of the Week

Chicken Double Noodle Soup
140 Cal

Monday

Italian Wedding Soup
170 Cal

Minestrone
280 Cal

Tuesday

Vegetarian Chili
285 Cal

Stuffed Potato Soup
630 Cal

Wednesday

Broccoli Cheddar Soup
360 Cal

Chicken & Dumpling
468 Cal

Thursday

SW Black Bean Soup
220 Cal

Vegetable Barley Soup
135 Cal

Friday

Chicken and Wild Rice Soup
200 Cal

Cream of Tomato
320 Cal

Now available: Kids Corner Meals,
perfect if your in a hurry . Pick it up
here instead of a Fast FOOD Joint.
We have more options and Air Fried
Fries and Tenders are better for the

Monday

Breakfast Home

Migas Scramble 340Cal \$2.49

Bacon, Egg and Cheese Bagel 400 Cal \$2.99

Oatmeal 230 Cal,

Creamed Chipped Beef over Biscuits,

5oz , 1 biscuit 490 Cal

Just 4 U

Lifestyles-Suggestion

Five Spice Asian Chicken
(alone 210 Cal \$3.89) with a
Side and a 21 oz Fountain
Beverage (16oz Coffee or
16.9oz Bottled Water)
310-873 Cal \$4.99

Vegetarian: Kung Pao Tofu
160 Cal \$2.99

Grill

BBQ Cheddar Grilled Chicken
(alone 220 Cal \$4.19) with
Chips and 21 oz Fountain Bev-
erage (16oz Coffee or 16.9oz
Bottled Water)
330-790 Cal \$5.19

Philly Steak Sandwich
510 Cal \$4.49
Philly Steak Salad
280-440 Cal \$4.49

Deli

Ham & Swiss on Rye (alone
380 Cal \$3.39) with Chips and
a **21 oz Fountain Beverage**
(16oz Coffee or 16.9oz Bottled
Water)
490-840 Cal \$4.39

Combo: Turkey BLT with Chips, a
Pickle Spear 790-840 Cal \$6.69

Tuesday- Lifestyles

Breakfast Home

Ham, Egg and Swiss Croissant 460 Cal \$3.69

Oatmeal 230 Cal

Grits 184 Cal

Sausage Gravy over Biscuits
5oz, 1 biscuit 590 Cal

Lunch Specials

Home

Just 4 U

Lifestyles-Suggestion

BBQ Bar

Choice of 2Sliders (BBQ Chicken,
BBQ Beef or BBQ Pork)-
(2 Sliders alone 388-456 Cal \$2.99,
singles 194-222 Cal \$1.49), **with 2**
Sides and a 21 oz Fountain
Beverage
(16oz Coffee or 16.9oz Bottled
Water)
402-1119 Cal \$5.09

Vegetarian: Cauliflower Lasagna
419 Cal \$4.09

Grill

Avocado Jalapeno Turkey Burger (alone
547 Cal \$5.99), **Chips and 21 oz**
Fountain
Beverage (16oz Coffee or 16.9oz
Bottled Water)
657-1007 Cal \$6.99

Hot Dogs 320 Cal \$1.39
Chili Dogs 420 Cal \$2.09

PIZZA available
Pepperoni 560 Cal, **Cheese Pizza**
500 Cal , **Jalapeno Popper Pizza**
460 Cal and
Meatball Calzone 740 Cal

Wednesday- Lifestyles

Breakfast Home

Spicy Chicken Waffle

150 Cal \$3.99

Oatmeal 230 Cal

Cream of Wheat 150 Cal

Creamed Chipped Beef over Biscuits,
5oz , 1 biscuit 490 Cal

Lunch Specials

Roast Beef (alone: 390 Cal,
\$4.59) with 2 sides and a 21 oz
Fountain Beverage (16oz Coffee
or 16.9oz Bottled Water)
594 -1173 Cal, \$6.79

Grill

Salmon Burger (alone: 300 Cal,
\$5.29) with **Baked Lays** and **21 oz**
Fountain Beverage (16oz Coffee
or 16.9oz Bottled Water)
430-760 Cal, \$6.99
Buffalo Crispy Chicken Sandwich
484 Cal \$4.29

PIZZA available

Pepperoni 560 Cal , **Cheese**
Pizza 500 Cal ,
Margherita Pizza 320 Cal
and
Mini Cheesesteak Rolletto
600 Cal

August 21-August 27
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Stuffed Potato Soup
630 Cal

Wednesday
Broccoli Cheddar Soup
360 Cal
Chicken & Dumpling
468 Cal

Thursday
SW Black Bean Soup
220 Cal
Vegetable Barley Soup
135 Cal

Friday
Chicken and Wild Rice Soup
200 Cal
Cream of Tomato
320 Cal

Monday

Just 4 U

Dinner-Additions

8" Pizza (alone 630-730 Cal \$5.09) **and a 21 oz Fountain Beverage** (16oz Coffee or 16.9oz Bottled Water) 630-1030 Cal \$5.99

Chicken Cordon Bleu Panini (alone 554 Cal \$4.49) **and a 21 oz Fountain Beverage** (16oz Coffee or 16.9oz Bottled Water) 554-854 Cal \$5.59

Tuesday-
Lifestyles

Just 4 U

Dinner-Additions

8" Pizza (alone 630-730 Cal \$5.09) **and a 21 oz Fountain Beverage** (16oz Coffee or 16.9oz Bottled Water) 630-1030 Cal \$5.99

Pepperoni Melt (alone 150 Cal \$4.89) **and a 21 oz Fountain Beverage** (16oz Coffee or 16.9oz Bottled Water) 150-450 Cal \$4.99

Wednesday-
Lifestyles

Dinner-Additions

8" Pizza (alone 630-730 Cal \$5.09) **and a 21 oz Fountain Beverage** (16oz Coffee or 16.9oz Bottled Water) 630-1030 Cal \$5.99

Chicken, Feta, Pepper and Onion Melt (alone 494 Cal \$5.09) **with a Side** (Does not include Sweet Potato Fries) **and a 21 oz Fountain Beverage** (16oz Coffee or 16.9oz Bottled Water) 857 Cal-1157 Cal \$6.09

Thursday

Breakfast Home

Egg, Bacon & Cheddar
Waffle 540 Cal \$2.99
Oatmeal 230 Cal
Cheese Grits 142 Cal
Sausage Gravy over Biscuits
5oz, 1 biscuit 590 Cal

Berry Blast Salad

Exhibition

Fresh Greens topped with Grilled Chicken and your choice of Assorted berries, Mandarin Oranges, Red Onions, Candied Pecans or Tortilla Crisps, served with Garlic Bread and a 21oz Fountain Beverage (16oz Coffee or 16.9oz Dasani)

\$8.99

GRAB A BUDDY: Get 2 Exhibitions for \$16.98 –savings of \$.99

Home

Roast Turkey with Orange Salsa (alone: 210 Cal \$4.19) with a Side and a 21 oz Fountain Beverage (16oz Coffee or 16.9oz Bottled Water)
280-810 Cal \$5.29

Vegetarian: Spicy Black Bean Cake 200 Cal \$1.69

Grill

Hot Dogs 320 Cal \$1.39
Chili Dogs 420 Cal \$2.09

Chicken Quesadilla (alone 710 Cal \$3.69) a specialty side salad and 21 oz Fountain Beverage (16oz Coffee or 16.9oz Bottled Water) 820-1483 Cal \$4.79

DELI

Combo: Chicken and Avocado on Ciabatta (alone 500 Cal \$5.29) with Chips, 21 oz Fountain Beverage (16oz Coffee or 16.9oz Bottled Water)
620-970 Cal \$6.19

FRIDAY—

Lifestyles

Breakfast home

Cream Cheese and Salmon Bagel 320 Cal \$3.59
Oatmeal 230 Cal
Cream of Wheat 150 Cal
Creamed Chipped Beef over Biscuits,
5oz, 1 biscuit 490 Cal

LUNCH SPECIALS

Home

Baked Potato Bar

Just 4 U

Lifestyles-Suggestion

Grilled Lemon Rosemary Chicken (alone 130 Cal \$3.69) with 2 sides and a 21 oz Fountain Beverage (16oz Coffee or 16.9oz Bottled Water)
250-890 Cal \$5.89

Vegetarian:

Southwest Quinoa Cake

270 Cal \$2.29

GRILL:

Chicken Philly Sub 430 Cal \$4.19
Chicken Philly Salad 200-300 Cal \$4.19

Combo: Garlic Grilled Salmon (alone 180 Cal \$4.99), Baked Chips and 21 oz Fountain Beverage (16oz Coffee or 16.9oz Bottled Water) 340-640 Cal \$5.69

Popcorn Shrimp 230 Cal \$4.59

DELI

Pimento Cheese & Tomato Melt with Chips and a Pickle Spear
640-690 Cal \$3.29

Combo: Buffalo Chicken Baguette (alone 460 Cal \$5.99) with Chips, 21 oz Fountain Beverage (16oz Coffee or 16.9oz Bottled Water) 580-930 Cal \$6.99

WEEKENDS

BREAKFAST

STANDARD BREAKFAST GRILL

Creamed Chipped Beef over Biscuits,
5oz, 1 biscuit 490 Cal
OATMEAL 230 Cal

Belgian Waffle with 2 Toppings 300-450 Cal
\$2.99-\$3.29

Saturday Breakfast Special

Southwest Breakfast Muffin 360Cal \$2.49

Sunday Breakfast Special

Sausage, Egg & Cheese Croissant

630 Cal \$3.29

STANDARD GRILL

Chicken Double Noodle Soup
COOK'S CHOICE OF SOUP
(Sat-Roast Pork Loin (140 Cal alone \$3.89) with 2 Sides and 21 oz Fountain Beverage (16oz Coffee or 16.9oz Bottled Water)

390-860 Cal \$6.09

Vegetarian: Vegetable Lasagna
290 Cal \$4.29

Asian Grilled Chicken Sandwich (Alone 330 Cal \$5.29) with a Side and 21 oz Fountain Beverage (16oz Coffee or 16.9oz Bottled Water) 440-930 Cal \$6.29

Turkey Cheeseburger 560 Cal \$4.19

Sun-Arroz Con Pollo (260 Cal alone \$3.69) with 2 Sides and 21 oz Fountain Beverage (16oz Coffee or 16.9oz Bottled Water)

355-1010 Cal \$5.89

Vegetarian: Vegetarian Jambalaya
259 Cal \$4.29

Beer Battered Cod Sandwich (Alone 220 Cal \$3.89) with a Sides and 21 oz Fountain Beverage (16oz Coffee or 16.9oz Bottled Water)

330-933 Cal \$4.99

Healthy for Life

Eat More

The wild, wonderful summer is the season to eat more of the flavors of the farm, garden and farmers' markets.

The WMHS Food for Thought Book Discussion Group is currently reading a cutting-edge book, **The Alzheimer's Prevention Food Guide**, by Registered Dietitian Nutritionists and researchers Sue Linja and Dr. SeAnne Safaii-Waite. The book highlights evidence-based research about foods that are good for brain health and may protect against Alzheimer's.

Many of these foods are found in abundance during this wonderful growing season and include the following, among many others:

Leafy greens: Including arugula, kale, spinach, and watercress

Herbs: Including mint, basil, and cilantro

Vegetables: Including beets, broccoli, Brussels sprouts, garlic, and red cabbage

Fruit: Including berries, cherries, grapes and melons

The **Farmers' Market** is at the WMHS parking garage every **Wednesday from 2-5 pm**. Stop by and pick up some sensational fresh flavors of the season and eat more of these foods to help improve your brain health.

Thursday

Dinner-Additions

8" Pizza (alone 630-730 Cal \$5.09) and a 21 oz Fountain Beverage (16oz Coffee or 16.9oz Bottled Water) 630-1030 Cal \$5.99

Breakfast
at Dinner

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FRIDAY—
Lifestyles

Dinner- Additions

Ham or Turkey Wedgie and a 21 oz Fountain Beverage (16oz Coffee or 16.9oz Bottled Water) 720-1020 Cal \$6.49

8" Pizza (alone 630-730 Cal \$5.09) and a 21 oz Fountain Beverage (16oz Coffee or 16.9oz Bottled Water) 630-1030 Cal \$5.99

WEEKENDS

LUNCH

STANDARD GRILL

Chicken Double Noodle Soup

COOK'S CHOICE OF SOUP

(Sat-Dijon Herb Flank Steak (170 Cal alone \$6.39) with 2 Sides and 21 oz Fountain Beverage (16oz Coffee or 16.9oz Bottled Water)

320-1013 Cal \$7.49

Vegetarian: Vegetable Lasagna

290 Cal \$4.29

Buffalo Chicken Sandwich (Alone 480 Cal \$3.89) with a Sides and 21 oz Fountain Beverage (16oz Coffee or 16.9oz Bottled Water) 640-1143 Cal \$4.99

Turkey Cheeseburger 560 Cal \$4.19

Sun-Cranberry Molasses Glazed Turkey Cutlet (190 Cal alone \$4.29) with 2 Sides and 21 oz Fountain Beverage (16oz Coffee or 16.9oz Bottled Water) 285-1003

Cal \$6.49

Vegetarian: Vegetarian Jambalaya

259 Cal \$4.29

Tavern Burger (Alone 370 Cal \$5.59) with a Sides and 21 oz Fountain Beverage (16oz Coffee or 16.9oz Bottled Water)

733-1033 Cal \$6.69

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