



Sandstone & Floodstreet Cafés

Monday 11/30

- **LiVe Well Plate63-** Thai Pork Salad
369/8.6gm/3.0gm/202mg **\$4.18**
- Entrée – Parmesan Chicken
367/13.7gm/5.1gm/1977mg **\$4.84**
- **Grill Special-*Spicy Chicken Sandwich***
782/42.4gm/3.9gm/1507mg **\$4.84**
- **Side Dishes** – Brussel Sprouts, Spaghetti & Garlic Bread

Tuesday 12/1

- **LiVe Well Plate67-** Orecchiette
568/13.5gm/10.8gm/452mg **\$4.18**
- **Entrée** –Country Fried Steak
268/13.1gm/0.9gm/1106mg **\$4.84**
- **Grill Special-*Spicy Chicken Sandwich***
782/42.4gm/3.9gm/1507mg **\$4.84**
- Side Dishes – Corn, Mashed Potatoes & Gravy

Wednesday 12/2

- LiVe Well Plate47- Cajun Pork Diane
540/15.6gm/6.3gm/487mg **\$4.18**
- **Entrée**-Smothered Chicken Burrito **\$4.84**
558/26.4gm/2.4gm/1829mg
- **Grill Special-*Spicy Chicken Sandwich***
782/42.4gm/3.9gm/1507mg **\$4.84**
- Side Dishes – Cilantro Lime Rice & Fresh Green Beans

Thursday 12/3

- **LiVe Well Plate20** –Curry Turkey Burger
w/Cucumber Tomato Salad
472/16.1gm/4.3gm/664mg **\$4.18**
- **Entrée**- Meatloaf w/side - **\$4.84**
340/17.03gm/2.1gm/662mg
- **Grill Special-*Spicy Chicken Sandwich***
782/42.4gm/3.9gm/1507mg **\$4.84**
- **Side Dishes** – Au Gratin Potatoes, mac n cheese, & Roasted Carrots.

Friday 12/4

- **LiVe Well Plate13-** Mahi Mahi
w/Turmeric Rice
- **Entrée** –Japanese Chicken w/ Side **\$4.84**
473/12.9 gm/4.07 gm/1747 mg
- **Grill Special-*Spicy Chicken Sandwich***
782/42.4gm/3.9gm/1507mg **\$4.84**
- **Side Dishes** – Fresh Broccoli or Oriental Fried Rice & Egg Roll

Saturday 12/5

- **LiVe Well Plate06-** Chicken Gyro
w/Almond Couscous
434/9.8gm/6.2gm/668mg **\$4.18**
- **Entrée** –*Pit Ham*
202/10.2gm/0.0gm/1701mg **\$4.84**
- **Side Dishes-** Scallop Potatoes & Vegetables

Sunday 12/6

- **LiVe Well Plate53-** Beef & Mushroom
Quinoa w/ Roasted Tomato
458/12.7gm/7.9gm/271mg **\$4.18**
- **Entrée-** Lasagna with breadstick
451/15.6gm/4.8gm/1312mg - **\$4.84**
- **Side Dishes** –Breadstick & Vegetables

Display Cooking

Fajita's

Chicken, Beef, Shrimp

Served with Homemade Refried beans, Spanish rice, corn or flour tortilla.

Topped with sour cream, quacamole, homemade salsa, and roasted jalepeno peppers.

