

# November 29-December 5

## Soup of the Week

**Chipotle Chicken Tortilla**  
195 Cal, \$2.39

Monday

**Garden Vegetable Soup**  
160Cal, \$2.39

**Chicken & Dumpling Soup**  
12oz 300 Cal, \$2.39

Tuesday

**Tomato Basil Soup**  
315 Cal, \$2.39

**Navy Bean Soup**  
260 Cal, \$2.39

Wednesday

**Beef Barley Soup**  
170 Cal, \$2.39

**Cauliflower Cheese Soup**  
350Cal, \$2.39

Thursday

**Hearty Chicken Gumbo**  
12oz 315 Cal, \$2.39

**Southwest Sweet Potato Soup**  
300 Cal, \$2.39

Friday

**Italian Wedding Soup**  
210 Cal, \$2.39

**Southwest Black Bean Soup**  
330 Cal, \$2.39

**MENU IS  
SUBJECT TO  
CHANGE**

**Cinnamon Roll Bar**  
Friday 12/03/2021  
6am-10 am or while  
supplies last

## Monday

### Breakfast Home

#### MTO Omelet Bar 630am-10am

Western Egg Bake 350 Cal \$2.69

Oatmeal 230 Cal, \$1.49

Cream of Wheat 160 Cal, \$1.49

Creamed Chipped Beef over Biscuits,

5oz, 1 biscuit 490 Cal \$2.99

### Home

**Lemon Garlic Chicken**

250 Cal, \$3.89

SIDES \$1.09:

**Green Beans** 30 Cal,

**Vegetable Medley** 90 Cal, **Roasted**

**Sweet Potatoes** 100 Cal

Vegetarian:

**Thai Red Curry Bowl**

560Cal, \$2.89

### Grill

#### **DAILY DEAL**

Philly Steak Sandwich or Salad with a Fry or a Fresh Fruit Cup and a 16.9 oz Btl Water or 20oz Fountain Soda 390-1110 Cal, \$6.29

**Chicken Parmesan Melt**

570Cal, \$6.39

**Philly Steak Sandwich**

510 Cal \$4.19

**Philly Steak Salad** 280 Cal \$4.19

### PIZZA AREA

**Pepperoni** 560 Cal, \$2.99 **Cheese**

**Pizza** 356 Cal, \$2.89

**BBQ Chicken Pizza** 580 Cal,

\$2.99

and

**Grilled Vegetable Calzone** 650 Cal, \$3.79

**Salad Bar**

You tell us what and how much and we'll make it for you.

Items will be weighed

## Tuesday- Lifestyles

### Breakfast Home

**Farmer's Scramble Bowl**

390Cal \$3.89

Oatmeal 230 Cal, \$1.49

Grits 200Cal, \$1.49

**Sausage Gravy over Biscuits**

5oz, 1 biscuit 590 Cal \$2.99

### Lunch Specials

#### **DAILY DEAL**

Turkey Meatball Stroganoff with a Side Salad, a Breadstick and a 16.9 oz Btl Water or 20oz Fountain Soda 500-1000 Cal, \$6.29

**Turkey Meatball Stroganoff over Egg Noodles**

300Cal, \$3.09

Sides \$1.09

**Roasted Fall Vegetables** 50 Cal,  
**Cauliflower and Broccoli** 110 Cal,

**Egg Noodles** 100Cal

**Herbed Breadstick** 180 Cal, \$0.89

Vegetarian: **Spinach and Feta Stuffed Portobello**  
210 Cal \$3.69

### Grill

**Grilled Ham and Cheese**

535 Cal \$2.39

**All Beef Hot Dogs** 320 Cal \$2.69  
**Chili Dogs** 420 Cal \$3.39

### PIZZA AREA

**Hoagie Day**

**Turkey, Ham and Bacon, or Italian** (all made ahead for speed of service) with toppings added to order, served with a \$0.99 Bag of Chips and a 16.9oz Btl Water or 20oz Fountain Soda \$6.19

Toppings:

Lettuce, tomato, Onion, Pickle, Bleu Cheese, Banana Peppers, and or Sweet Peppers, Ranch, Mayo or Italian Dressing

**Salad Bar**

You tell us what and how much and we'll make it for you.  
Items will be weighed

## Wednesday- Lifestyles, Breakfast

*Breakfast Specials*

**Egg and Cheese Muffin**

270Cal \$2.39(meat may be added by Grill attendant)

**Apple Stuffed French Toast**

230 Cal, \$1.99

Oatmeal 230 Cal, \$1.49

**Apple Cinnamon Oatmeal**, 315Cal, \$1.49

**Creamed Chipped Beef over Biscuits**

5oz, 1 biscuit 490 Cal \$2.99

### Home

**4 oz Herb Roasted Pork Loin**

250 Cal, \$4.09

Sides:

**Sauerkraut** 20 Cal,

**Roasted Corn** 100Cal, **Mashed Potatoes** 120Cal,

Vegetarian: **Pumpkin Coconut Chick Pea Curry**  
330 Cal, \$2.79

### Grill

#### **DAILY DEAL**

Sesame Shrimp Tacos with a Fry Or Fresh Fruit Cup and a 16.9 oz Btl Water or 20oz Fountain Soda 660-1150 Cal, Cal, \$6.69

**Sesame Shrimp Tacos**

2 Each: 550 Cal, \$4.29

Single: 275Cal, \$2.19

**Mushroom & Swiss Burger**

760 Cal, \$5.59

### PIZZA AREA

**Pepperoni** 560 Cal, \$2.99

**Cheese Pizza** 356 Cal, \$2.89

**Bruschetta Pizza** 340 Cal, \$2.99 and

**Soft pretzels**

360 Cal, \$1.79

**Cheese Sauce** (2oz) 120 Cal \$0.39

**Salad Bar**

You tell us what and how much and we'll make it for you.  
Items will be weighed

## Thursday

### Breakfast Home

Baha Pressed Burrito

560 Cal \$3.99

Oatmeal 230 Cal, \$1.49

Cream of Wheat 160Cal, \$1.49

Sausage Gravy over Biscuits

5oz, 1 biscuit 590 Cal \$2.99

Home

### **DAILY DEAL**

**Hot Roast Beef Sandwich with 2 Sides**

**OR a Fresh Fruit Cup served with and a**

**16.9 oz Btl Water or 20oz Fountain**

**Soda 360-860 Cal, \$6.29**

Open Faced Hot Beef Sandwich

160 Cal, \$3.89

Sides \$1.09:

Seasoned Peas 40 Cal,

Glazed Carrots 100 Cal

Mashed Potatoes 120 Cal,

Two Bean Burrito Bowl

430 Cal, \$2.89

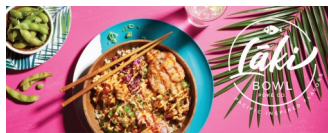
Grill

All Beef Hot Dogs 320 Cal \$2.69

Chili Dogs 420 Cal \$3.39

Honey Mustard Grilled Chicken Sandwich

430 Cal, \$6.19



### Exhibition

A taste of HAWAII in December  
Grilled Chicken, Sushi Rice, Kale,  
Cucumber, Pineapple, Sweet Onion  
and Unagi Sauce (served with a  
Breadstick and a 16.9oz Btl Water  
or a 20oz Fountain Soda

\$8.99

Alternate Dressings available upon  
request

**GRAB A BUDDY is BACK**

**2 Exhibitions for \$16.98**


**(savings of \$1.00)**

## FRIDAY—

### Lifestyles

### Breakfast home

## MTO Omelet Bar 630am-10am

Oatmeal 230 Cal  \$1.49

Grits 200 Cal, \$1.49

French Toast 100 Cal \$1.29 per slice

Creamed Chipped Beef over Biscuits

5oz, 1 biscuit 490 Cal \$2.99

Home

### **DAILY DEAL**

**Sweet Chili Salmon Bowl with a 16.9**

**oz Btl Water or 20oz Fountain Soda**

**380-680 Cal, \$6.29**

Sweet Chili Salmon Bowl

380 Cal, \$6.19

Vegetarian: : Vegan Mediterranean Stuffed Pepper

550 Cal, \$3.49

Sides \$1.09:

Grilled Zucchini 40 Cal,

Garden Veggies 15 Cal,

Jasmine Rice 120 Cal

GRILL:

Chicken Philly Sub 430 Cal \$4.19

Chicken Philly Salad 200-300 Cal \$4.19

Meat Lovers Melt

720 Cal \$4.59

Popcorn Shrimp 230 Cal \$4.59

PIZZA AREA

Pepperoni 560 Cal, \$2.99

Cheese Pizza 356Cal, \$2.89

Supreme Pizza 449Cal, \$2.99 and

Buffalo Chicken Calzone

700 Cal, \$3.79

Salad Bar

You tell us what and how much and  
we'll make it for you.

Items will be weighed

## WEEKENDS

### BREAKFAST

STANDARD BREAKFAST GRILL

CREAMED CHIPPED BEEF OVER BISCUITS

5oz, 1 biscuit 490 Cal \$2.99

OATMEAL 230 Cal \$1.49

### LUNCH

STANDARD GRILL

Saturday Breakfast Special

Bacon, Egg and Cheese Brioche

530 Cal \$3.79

MTO Omelet Bar 630am-10am

Sunday Breakfast Special

Spicy Chicken and Waffle Sandwich

530 Cal, \$3.79

Pancakes 3 Each

280 Cal, \$1.19

STANDARD GRILL

Sat- **DAILY DEAL**

**Beef Fajita with 2 Sides OR a Fresh Fruit Cup,**

**and a 16.9 oz Btl Water or 20oz**

**Fountain Soda 660-1050 Cal, \$6.29**

Beef Fajita

550 Cal, \$3.79

Sides \$1.09

Calabacitas 50 Cal,

Southwest Succotash 110 Cal,

Mexican Rice 100Cal

Vegetarian: Baked Manicotti

2 Rolls: 330 Cal, \$4.59

Single Roll: 165 Cal, \$2.39

Herbed Breadstick 180 Cal, \$.89

Spicy Cilantro Turkey Burger

520 Cal, \$4.69

Sun- **DAILY DEAL**

**Key West Chicken Caesar Salad with a**

**Breadstick OR a \$.99 Bag of Chips and a**

**16.9 oz Btl Water or 20oz Fountain Soda**

**510-730 Cal, \$5.99**

Sun-Key West Chicken Caesar  
Salad

390 Cal, \$5.69

Vegetarian: Mushroom Vegetable Casserole

200 Cal, \$3.79

Herbed Breadstick 180 Cal, \$.89

Sides \$1.09: Cilantro Lime Rice 120 Cal

Roasted Brussel Sprouts 90 Cal, Chile Roasted Corn

43 Cal,

Roast Beef & Cheddar Melt 670 Cal, \$6.99

NOW Available

EVERY DAY

Breakfast Combo

Peanut Butter Power Toast with a 12

oz Bowl of Hot Cereal, a Fresh Fruit

CUP and a Small Coffee

662 Cal \$4.79

Power Toast

332 Cal, \$1.49

Weekly

Breakfast Combo

Ham, Egg and Cheese Croissant with a

side of Breakfast Potatoes and a Small

Coffee

650-675 Cal \$4.79

Ham, Egg and Cheese Croissant

(Alone) 550Cal, \$3.09

WARM

COOKIE  
WEDNESDAY

LARGE 4OZ Cook-

ies \$1.99, with Milk

\$2.49



PIZZA COMBO

(Only when Pizza by the Slice is

available)

1 Slice of Pizza, and a \$.99 Bag of  
Chips and a 16.9oz Btl Water or 21oz

Fountain Soda

450-1215 Cal \$3.99