

<p>4 K= Keto</p>	<p><u>monday</u> february 11</p>	<p><u>tuesday</u> february 12</p>	<p><u>wednesday</u> february 13</p>	<p><u>thursday</u> february 14 ♥ <u>chocolate</u> <u>dipped</u> <u>strawberries</u> ♥</p>	<p><u>friday</u> february 15</p>
<p><u>the</u> <u>chef's table</u></p>	<p>philly cheese steak sandwich Thinly sliced beef with onions, bell peppers topped with cheese on a hoagie roll</p>	<p>quesadilla bar quesadillas made to order with choice of chicken or beef accompanied with your favorite toppings</p>	<p>potato bar texas size potatoes topped with your favorite toppings</p>	<p>chili in a bread bowl pork and beef chili simmered to perfection in a homemade bread bowl</p>	<p>chicken stir fry assorted vegetables and diced chicken cooked to order with a zesty stir fry sauce</p>
<p><u>entrée</u></p>	<p>bbq pork loin *K</p> <p>chicken and dumplings</p>	<p>king ranch casserole</p> <p>meatloaf *K</p>	<p>pork cutlet marsala *K</p> <p>beef stew</p>	<p>spaghetti and meat sauce</p> <p>baked chicken with a mushroom cream sauce *K</p>	<p>stuffed portabella with cauliflower and chicken *K</p> <p>fish and shrimp platter</p>
<p><u>starch</u> <u>and</u> <u>veggies</u></p>	<ul style="list-style-type: none"> • sautéed mushrooms • butternut squash • zucchini parmesan • succotash 	<ul style="list-style-type: none"> • roasted sweet potatoes • rice • asparagus • parslid carrots 	<ul style="list-style-type: none"> • potato salad • rice pilaf • sautéed cabbage • broccoli and cheese 	<ul style="list-style-type: none"> • mashed potatoes • green beans • roasted cauliflower • white rice 	<ul style="list-style-type: none"> • fries • roasted veggies • stewed okra • mac and cheese
<p><u>bread</u></p>	<p>garlic bread</p>	<p>fresh baked dinner roll</p>	<p>sweet cornbread</p>	<p>fresh baked dinner roll</p>	<p>sweet cornbread</p>
<p><u>dessert</u></p>	<p>cheesecake</p>	<p>chocolate cake</p>	<p>apple cobbler</p>	<p>valentine's cupcakes ♥</p>	<p>cherry cobbler</p>
<p><u>breakfast special</u></p>	<p>french toast</p> <p>oatmeal</p>	<p>egg, bacon and cheese tacos</p> <p>grits</p>	<p>⚙️ omelets to order ⚙️</p> <p>cream of wheat</p>	<p>chorizo and eggs</p> <p>malt o meal</p>	<p>pigs in a blanket</p> <p>oatmeal</p>
<p><u>soup</u></p>	<p>chicken noodle</p>	<p>potato soup</p>	<p>broccoli and cheese</p>	<p>chicken caldo</p>	<p>beef and vegetable</p>