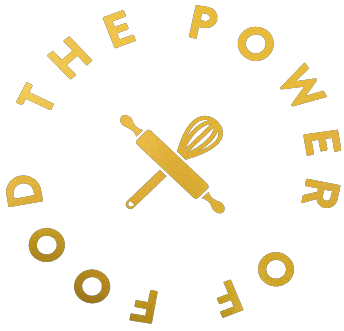


bistro 128 oct 2nd thru 6th



Weekly Menu

everyday available
lunch:
LOCO MOCO
w/egg

Chef's Special
Local Favorite
 (V) **Vegetarian**
 (VG) **Vegan**

Monday	<u>snack attack: warm cookie</u>	Calories
breakfast:	sausage , egg & cheese casserole	435
entrée:	turkey ala king w/ egg noodles	394
(V) entrée:	tofu stir fry	253
side item:	white rice	120
side item:	mashed potatoes	95
side item:	green beans w/ tomato	36
side item:	maple roasted carrot	80
soup:	cream of mushroom	108

Tuesday	<u>grill special- bahn mi</u>	Calories
breakfast:	Fried rice w/Egg	265
entrée:	garlic shrimp & rice/ cajun shrimp& grits	302/278
(V) entrée:	sunrise Bahn mi	490
side item:	white rice	120
side item:	Thai noodle salad	196
side item:	pineapple coleslaw	170
side item:	roasted zucchini	35
soup:	garden vegetable	180

Wednesday	<u>snack attack: acai bowl</u>	Calories
breakfast:	biscuits and country gravy	250
★ entrée:	verde latin kitchen-nacho chips	varies
(VG) entrée:	make it vegetarian!	varies
entrée:	cilantro lime rice	186
side item:	herbed cauliflower rice	54
side item:	corn salad	74
side item:	seasoned black beans	112
soup:	loaded baked potato	315

Thursday	<u>grill special- pot roast sandwich</u>	Calories
breakfast:	blueberry pancake	222
entrée:	salisbury steak	300
(V) entrée:	stuffed portabella	213
side item:	white rice	120
side item:	garlic mashed potatoes	80
side item:	steamed broccoli & cauliflower	25
side item:	green peas	110
soup:	broccoli and cheddar	320

Friday	<u>snack attack: loaded fries</u>	Calories
breakfast:	Waffle w/apple compote	267
entrée:	korean garlic chicken	586
(V/VG) entrée:	four cheese mac & cheese	312
side item:	buttermilk mashed potato	80
side item:	tomato cucumber salad	47
side item:	creamed spinach	146
side item:	country style Green beans	46
soup:	chicken noodle	132

