

MAY 2021

Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right; margin-bottom: 0;">4</p> <p>Breakfast: Blueberry Lemon Coffee cake Slice (2 servings) \$4.00 <small>(277 cal/22.5g fat/5.4g net carbs/8.1g protein)</small></p> <p>Brisket Stuffed Jalapenos w/Maple Bacon Brussels \$9.75 <small>(586cal/48.8g fat/8g net carbs/27.7g protein)</small></p> <p>Cabbage Casserole \$8.50 <small>(306cal/19.4g fat/5.1g net carbs/25g protein)</small></p> <p>Dessert: Blackberry Cream Icebox pie \$5.25 <small>(423cal/43.5g fat/4.5g net carbs/12g protein)</small></p>	<p style="text-align: right; margin-bottom: 0;">5</p> <p>Breakfast: Chile Relleno Casserole \$6.00 <small>(342cal/29.3g fat/1.3g net carbs/19g protein)</small></p> <p>Shrimp Taquitos (2) w/bang bang sauce on the side \$9.75 <small>(298cal/20g fat/2g net carbs/17g protein)</small></p> <p>Mexican Cauli Rice Casserole \$8.50 <small>(409cal/27.7g fat/6g net carbs/30g protein)</small></p> <p>Dessert: Butterfinger bar \$4.00 <small>(304cal/29g fat/4g net carbs/4.4g protein)</small></p>	<p style="text-align: right; margin-bottom: 0;">6</p> <p>Breakfast: Breakfast Pizza \$6.50 <small>(333.6cal/28.4g fat/3.5g net carbs/19g prot)</small></p> <p>Paddington Burger w/Fried Green Beans \$9.75 <small>(630cal/43g fat/7g net carbs/47.5g protein)</small></p> <p>Chicken & Sausage Jambalaya \$9 <small>(451cal/26g fat/6.5g net carbs/32.5g protein)</small></p> <p>Dessert: Cookie Dough Cheesecake slice \$5.50 <small>(809cal/74g fat/10g net carbs/24g protein)</small></p>	<p style="text-align: right; margin-bottom: 0;">7</p> <p>Breakfast: BBQ Brisket Kolaches \$5 <small>(338cal/27.5g fat/4.5g net carbs/20g protein)</small></p> <p>Chicken Enchilada Casserole \$8.50 <small>(414cal/27g fat/7g net carbs/32g protein)</small></p> <p>BBQ Pulled Pork sandwich w/Broccoli slaw \$9.75 <small>(526cal/37.5g fat/11g net carbs/28g prot)</small></p> <p>Dessert: Peanut Butter Chocolate Dirt cup \$3.50 <small>(447cal/42.7g fat/6.7g net carbs/11g protein)</small></p>
<p style="text-align: right; margin-bottom: 0;">11</p> <p>Breakfast: PB&J Coffee cake (grape) Slice (2 servings) \$4 <small>(327.5cal/28.7g fat/4.4g net carbs/9.5g protein)</small></p> <p>Shrimp Etouffee over cauli rice \$10 <small>(384.4cal/25.6g fat/7.9g net carbs/30g protein)</small></p> <p>Chicken Fried Steak w/Jalapeno Popper Cauliflower mash \$9.75 <small>(814cal/58.6g fat/11.4g net carbs/64.3g prot)</small></p> <p>Dessert: Red Velvet Cheesecake Slice \$5.50 <small>(562cal/54.8g fat/8.2g net carbs/12.6g prot)</small></p>	<p style="text-align: right; margin-bottom: 0;">12</p> <p>No Breakfast</p> <p>Roasted Red Pepper Chicken Alfredo over Spaghetti squash \$9.50 <small>(494cal/32g fat/6.5g net carbs/42g protein)</small></p> <p>Baked Spaghetti Casserole \$8.75 <small>(526cal/42.2g fat/6.5g net carbs/26.9g protein)</small></p> <p>Dessert: Banana Cream Pie Slice \$5 <small>(686 cal/68.6g fat/5.8g net carbs/11g protein)</small></p>	<p style="text-align: right; margin-bottom: 0;">13</p> <p>Breakfast: Cinnamon Pecan pull apart bread (monkey bread) \$4.50 <small>(272cal/25.7g fat/5.3g net carbs/9g protein)</small></p> <p>Supreme Pizza Calzone \$8.50 <small>(856cal/67g fat/9.8g net carbs/28g protein)</small></p> <p>Crawfish Cornbread \$10.50 <small>**price may change depending on market price (530cal/36.4g fat/6g net carbs/41g protein)</small></p> <p>Dessert: Funfetti Whoopie pie \$4 <small>(314cal/29g fat/3.7g net carbs/6.6g protein)</small></p>	<p style="text-align: right; margin-bottom: 0;">14</p> <p>Breakfast: Boudin Kolache \$5 <small>(372cal/26.7g fat/5g net carbs/25.7g protein)</small></p> <p>Chicken & Dumplings \$8.50 <small>(553cal/37g fat/5.3g net carbs/46g protein)</small></p> <p>Mississippi Pot Roast w/Cauli rice dressing \$9.75 <small>(547cal/35.3g fat/6g net carbs/51.6g protein)</small></p> <p>Dessert: Cannoli Stuffed Cupcake \$4 or 6 for \$18 <small>(350cal/30.5g fat/4.4g net carbs/9.3g protein)</small></p>

Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">18</p> <p>Breakfast: Biscuits and Gravy \$6 (794cal/74.3g fat/7.1g net carbs/22.3g prot)</p> <p>Taco Bake Casserole \$9.25 w/Jalapeno Cornbread layer (779cal/63g fat/9g net carbs/43g protein)</p> <p>Chicken Quesadillas w/Jalapeno ranch cup \$9.50 (791cal/68g fat/7.5g net carbs/43.3g protein)</p> <p>Dessert: Strawberry Shortcake Trifle \$5.25 (434cal/43g fat/4.5g net carbs/9g protein)</p>	<p style="text-align: right;">19</p> <p>No Breakfast</p> <p>Shepherd's Pie \$8.75 (308 cal/26.4g fat/9g net carbs/18g protein)</p> <p>Crack Chicken(rot) w/Garlic Herb Cheese bread \$9.50 (611.4cal/41.6g fat/6.3g net carbs/51g protein)</p> <p>Dessert: Caramel Cheesecake bar \$5 (553cal/55g fat/6.7g net carbs/8g protein)</p>	<p style="text-align: right;">20</p> <p>Breakfast: Morning After Breakfast bowl \$6.50 **contains chorizo, pepper jack, bacon, etc (566cal/47g fat/4.3g net carbs/30g protein)</p> <p>Reuben Chaffle Sandwich \$9.25 (730cal/49g fat/7.6g net carbs/32g protein)</p> <p>Bacon Burger Smothered Cabbage \$8.50 (357cal/21.9g fat/4.5g net carbs/27.5g protein)</p> <p>Dessert: Carrot Cake Cheesecake Slice \$5.50 (730cal/72g fat/9.7g net carbs/14g protein)</p>	<p style="text-align: right;">21</p> <p>Breakfast: Zucchini Bread slice \$4.50 (392cal/36g fat/4g net carbs/10.6g protein)</p> <p>Crawfish Alfredo over Spaghetti Squash \$10.50 **price may change depending on market price (386cal/28.9g fat/5.2g net carbs/24.8g protein)</p> <p>Brisket Stuffed Jalapenos w/Maple Bacon Brussels \$9.75 (586cal/48.8g fat/8g net carbs/27.7g protein)</p> <p>Dessert: Gentilly Cupcake \$4 or 6 for \$18 (318cal/28.8g fat/4.6g net carbs/8g protein)</p>
<p style="text-align: right;">25</p> <p>Breakfast: French Toast sticks w/Sausage \$6 (623cal/54.8g fat/4.1g net carbs/25g protein)</p> <p>Baked Spaghetti Casserole \$8.75 (526cal/42.2g fat/6.5g net carbs/26.9g protein)</p> <p>Crawfish Cornbread \$10.50 **price may change depending on market price (530cal/36.4g fat/6g net carbs/41g protein)</p> <p>Dessert: Cheesecake Brownie \$3.50 (309cal/28g fat/4.5g net carbs/8.3g protein)</p>	<p style="text-align: right;">26</p> <p>No Breakfast</p> <p>Shrimp & Cheesy Cauli Grits \$10.50 (541cal/37g fat/4g net carbs/32g protein)</p> <p>Cheeseburger Casserole \$8.75 (439cal/26.7g fat/6.3g net carbs/38g protein)</p> <p>Dessert: Blueberry Lemon Trifle \$5.25 (428cal/43g fat/4g net carbs/9g protein)</p>	<p style="text-align: right;">27</p> <p>Breakfast: Cinnamon Pecan pull apart bread (monkey bread) \$4.50 (272cal/25.7g fat/5.3g net carbs/9g protein)</p> <p>Meat & Veggie Pizza slice \$8.00 or Pepperoni only \$7.50 *can be purchased as whole pizza (must call to pre order by Tuesday 5/25) (687cal/55.8g fat/8.4g net carbs/36.9g protein)</p> <p>Keto KFC Chicken(B) Bowl \$9.00 (485.5cal/31g fat/4g net carbs/44g protein)</p> <p>Dessert: Cookie Crumble cup \$3.50 (380cal/36g fat/3.4g net carbs/5g protein)</p>	<p style="text-align: right;">28</p> <p>Breakfast: Smoked Sausage Kolache \$5 (556cal/43.8g fat/7.6g n. carbs/28.5g protein)</p> <p>Chili Cheese Dog Bake \$9.25 (881cal/71g fat/9g net carbs/45g protein)</p> <p>Spaghetti Squash Chicken Ricotta \$8.75 (346.5cal/22g fat/8.1g net carbs/31g protein)</p> <p>Dessert: PB Cream Cheese pie slice \$5.00 (582.5cal/54g fat/8.3g net carbs/15g protein)</p>