

MCA Weekly Specials

January 14th - 18th, 2019



Specialty Pizza:

 Eat Fit Bagel Pizza OR Cheese & Pepperoni Pizza **2.50**

 **Eat Fit NOLA** 

Monday: Red Beans & Brown Rice w/ Smoked Sausage w/ Sugar Snap Peas & WW Roll **\$5** **5.50**

Tuesday: Grilled Chicken Tenders (Roasted Garlic, Rosemary & Lemon) (2) w/ White Beans over Brown Rice & WW Roll

Wednesday: Cheeseburger on Bun w/ French Fries ***NOT EAT FIT***

Thursday: Mediterranean Chicken WW Pasta w/ Cauliflower Parmesan & WW Roll

Friday: Shrimp Creole over Brown Rice w/ Vegetable Medley & WW Roll

Classics:

Monday: Classic Meatloaf (Brown Gravy) & Cheesy Mashed Potatoes & Fresh Roll **5.50**

Tuesday: Fried Chicken Tenders (2) w/ Macaroni & Cheese & Fresh Roll

Wednesday: Cheeseburger on Bun w/ French Fries

Thursday: Eggplant Parmesan w/ Cauliflower Parmesan & Garlic Bread

Friday: Sheppard's Pie (No Veggies in it) w/ Buttered Corn & Roll

Soup / Specialty Bar of the Day:

Monday: Tomato Basil Soup / 1/2 Grilled Cheese \$1.50 **2.75 /**

Baked Potato Closed **3.25**

Tuesday: Turkey & Hot Sausage Gumbo / Baked Potato

Wednesday:  Chicken & Andouille Gumbo w/ Brown Rice / Baked Potato

Thursday: Beef & Vegetable Soup / French Fry Bar

Friday: Corn & Crab Bisque \$3.50 / Baked Potato



Eat Fit NOLA options meet the nutritional criteria designed by Ochsner Health System. Download the Free Eat Fit App and look for MCA in Eat Fit Schools Section for full nutrition facts.