

MCA Weekly Specials

August 26th - August 30th, 2019



Specialty Pizza:



Eat Fit Bagel Pizza OR Cheese & Pepperoni Pizza

2.50



Eat Fit NOLA



Monday: Red Beans & Brown Rice & Sausage w/ Broccoli Parmesan & WW Roll **\$5**

5.50

Tuesday: Grilled Chicken Tenders (Mojito Lime)(2) w/ Sugar Snap Peas & WW Roll

Wednesday: Roast Beef Poboy w/ Waffle Fries ****NOT EAT FIT****

Thursday: Spaghetti & Meatballs (2) w/ Buttered Corn & Garlic Bread ****NOT EAT FIT****

Friday: **CLOSED**

CLASSICS

Monday: Chicken Cordon Bleu w/ Garlic Mashed Potatoes & Roll

5.50

Tuesday: Fried Chicken Tenders (2) w/ Scalloped Potatoes & Roll

Wednesday: Roast Beef Poboy w/ Waffle Fries

Thursday: Spaghetti & Meatballs (2) w/ Buttered Corn & Garlic Bread

Friday: **CLOSED**

Soup / Specialty Bar of the Day:

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

Baked Potato Closed

2.75 /

Tuesday: Sweet Potato & Andouille Bisque **\$3.50** / Baked Potato

3.25

Wednesday: Mushroom & Brie Soup **\$3.50** /  Baked Sweet Potato

Thursday:  Butternut Squash Soup **\$3.50** / Baked Potato

Friday: **CLOSED**



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.