

MCA Weekly Specials

March 9th-13th, 2020



Specialty Pizza:

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



Eat Fit NOLA



Monday: Red Beans & Brown Rice w/ Smoked Sausage w/ Cauliflower Turmeric Parmesan & WW Roll **5.50**

Tuesday: Grilled Chicken Tenders (Italian Seasoning) (2) w/ Vegetable Medley & WW Roll

Wednesday: Cheeseburger on Bun w/ Cajun Roasted Potatoes ***NOT EAT FIT ***

Thursday: **Brunch For Lunch** Scrambled Eggs, Bacon (2) Grits, Hash Browns & Biscuit **** NOT EAT FIT ****

Friday: Cajun Baked Fish w/ Zucchini & Yellow Squash & WW Roll

CLASSICS:

Monday: Chicken Alfredo Pasta w/ Cauliflower Turmeric Parmesan & Roll **5.50**

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

Wednesday: Cheeseburger on Bun w/ Cajun Roasted Potatoes

Thursday : **Brunch For Lunch** Scrambled Eggs, Bacon (2) Grits, Hash Browns & Biscuit

Friday: Fried Shrimp Poboy w/ Scalloped Potatoes & Roll

Soup / Specialty Bar of the Day:

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

Tuesday: Broccoli & Cheese Soup / Baked Potato Bar **3.25**

Wednesday: White Bean Chicken Chili / Baked Potato Bar

Thursday: Loaded Potato Soup / Baked Potato Bar

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

