



Weekly Menu

Seabreeze Cafe

Monday	Calories
entrée: Carolina BBQ Pork	268
entrée: Korean BBQ Salmon	307
side items: Brown Rice Pilaf	257
side items: Steamed Broccoli	33
side items: Corn W/ Bacon & Green Pepper	94
side items: Roasted Potato W/ Herbs	112
soup: Vegetable Beef Barley Wild Mushroom Bisque	
Tuesday	Calories
entrée: Baja Fish Taco	544
entrée: Mojo Pork	149
side items: Spanish Rice	104
side items: Cuban Black Beans	132
side items: Chimichurri Cauliflower	12
soup: Italian Wedding Black Bean	
Wednesday	Calories
entrée: Sweet & Sour Chicken	474
entrée: Beef Pepper Steak	337
side items: Fried Rice	258
side items: Spring Roll	68
side items: Steamed Broccoli	33
side items: Roasted Vegetable	50
soup: Lemon Chicken Orzo Tomato Basil	
Thursday	Calories
entrée: Lasagna	310
entrée: Grilled Flank Steak	205
side items: Roasted Potato W/ Herbs	112
side items: Parmesan Tomato	69
side items: Sauteed Greens	32
side items: Polenta	78
soup: Southwest Chicken Tortilla Broccoli Cheddar	
Friday	Calories
entrée: Chicken Marsala	294
entrée: Italian Meatballs	169
side items: Spaghetti	112
side items: Garlic Bread Stick	84
side items: Yellow Squash & Red Bell Pepper	54
side items: Broccoli	81
soup: Baked Stuffed Potato Corn Chowder	