

BERGER BISTRO



**WINTER 2019
CYCLE WEEK 1**

Monday

Tuesday

Wednesday

Thursday

Friday



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| EGG YOUR WAY HOMEFRIES SAUSAGE/BACON OATMEAL BISCUITS & GRAVY PANCAKES/FRENCH TOAST | EGG YOUR WAY HOMEFRIES SAUSAGE/BACON OATMEAL BISCUITS & GRAVY PANCAKES/FRENCH TOAST | EGG YOUR WAY HOMEFRIES SAUSAGE/BACON OATMEAL BISCUITS & GRAVY PANCAKES/FRENCH TOAST | EGG YOUR WAY HOMEFRIES SAUSAGE/BACON OATMEAL BISCUITS & GRAVY PANCAKES/FRENCH TOAST | EGG YOUR WAY HOMEFRIES SAUSAGE/BACON OATMEAL BISCUITS & GRAVY PANCAKES/FRENCH TOAST |
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|------------------------------------|-------------------------------------|---------------------------|---|----------------------------------|
| CHICKEN NOODLE 160 cal per 8 oz | BROCCOLI CHEESE 280 cal per 8 oz | CHILI 210 cal per 8 oz | LOADED BAKED POTATO 340 cal per 8 oz | TOMATO BASIL 280 cal per 8 oz |
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| CHEESE — 420 cal PEPPERONI — 560 cal MUSHROOM — 531 cal | CHEESE — 420 cal PEPPERONI — 560 cal VEGGIE LOVERS — 547 cal | CHEESE — 420 cal PEPPERONI — 560 cal | CHEESE — 420 cal PEPPERONI — 560 cal SAUASAGE — 565 cal | CHEESE — 420 cal PEPPERONI — 560 cal MEAT LOVER — 639 cal |
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| ROAST BEEF 207 cal | PASTA BAR (PLEASE SEE MENU THAT DAY FOR CALORIES) | JAMALAYA 308 cal | ROASTED TURKEY 122 cal | HERBED TILAPIA ♥ 96 cal |
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| STEWED VEGETABLES ♥ MASH POTATOES & GRAVY BAKED & SWEET POTATOES | STEAMED BROCCOLI ♥ GARLIC ROASTED VEG ♥ ASSORTED PASTA & SAUCES GARLIC BREAD BAKED & SWEET POTATOES | ROASTED BRUSSELS ♥ MEXICAN RICE BAKED & SWEET POTATOES | PEAS & CARROTS ♥ STUFFING MASH POTATOES & GRAVY BAKED & SWEET POTATOES | GARLIC BROCCOLI ♥ PESTO COUSCOUS BAKED & SWEET POTATOES |
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| HAMBURGER CHICKEN SANDWICH GRILLED CHEESE HOT DOG TWISTED FRIES | HAMBURGER CHICKEN SANDWICH GRILLED CHEESE HOT DOG TWISTED FRIES | HAMBURGER CHICKEN SANDWICH GRILLED CHEESE HOT DOG TWISTED FRIES | HAMBURGER CHICKEN SANDWICH GRILLED CHEESE HOT DOG TWISTED FRIES | HAMBURGER CHICKEN SANDWICH GRILLED CHEESE HOT DOG TWISTED FRIES |
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Daily
Special

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| LOADED TOTS | SPICY MAPLE GLAZE CHICKEN | WING BAR | PHILLY SANDWICHES | ICE CREAM SUNDAE |
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Salad
Special

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| ITALIAN TOSSED 90 cal SWEET 'N' SOUR HARVEST 31 cal | IMMITATION CRAB SALAD 276 cal KALE COLE SLAW 40 cal | STRAWBERRY FETA 33 cal SEVEN LAYER SALAD 45 cal | BROCCOLI & CAULIFLOWER 117 cal WINTER WALDORF 54 cal | SANTA FE CHICKEN 38 cal PASTA SALAD 207 cal |
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♥ = EAT WELL OPTIONS

PLEASE SEE DAILY MENU BOARDS FOR MORE INFORMATION

*Additional nutrition information is available upon request. 2000 calories a day is used for general nutrition advice, but calorie needs vary.