















MENU A

BREAKFAST






























Item #	Menu Item	Calories	Carbs (g)	Fat (g)	Protein (g)	Sodium (mg)
B1-201	Carrot Bread with Cream Cheese 	410	62	17	8	380
B2-206	Turkey Breakfast Sausage Scramble 	490	44	22	29	520
B3-204	Cheesy Eggs with Blueberry Oatmeal 	420	45	18	20	310
B4-207	Pancakes with Eggs & Blueberry Compote 	410	45	16	23	480
B5-201	Carrot Muffin with Hard Boiled Eggs 	420	45	19	17	340

WEEKLY SPECIALS

Item #	Menu Item	Calories	Carbs (g)	Fat (g)	Protein (g)	Sodium (mg)
V5-205	Penne Alfredo with Broccoli 	450	65	15	16	480
V1-205	Kung Pao Noodles 	400	63	13	9	520
P5-205	Kung Pao Noodles with Shrimp 	460	56	17	24	650
F10-206	Teriyaki Chicken with Snap Peas 	420	57	5	34	580
V3-208	Black Bean Soup 	400	60	13	14	630
V4-203	Veggie Bolognese 	470	65	15	21	510
F6-203	Albondigas with Yellow Rice 	430	41	20	24	650
F3-203	Chicken Fajita Bowl 	500	56	16	35	450
P4-205	Shrimp Taco Bowl 	450	55	16	28	630

MENU A

COMFORT

Item #	Menu Item	Calories	Carbs (g)	Fat (g)	Protein (g)	Sodium (mg)
P1-201	Baked Salmon with Mashed Sweet Potatoes & Peas 	430	52	14	25	450
P3-207	Lemon Salmon with Wild Rice & Italian Green Beans  	440	45	18	24	330
F1-203	Penne with Meat Sauce & Broccoli   	420	60	9	21	540
V2-208	Cheese Ravioli with Tomato Sauce   	420	58	11	19	640
P2-206	Shrimp Alfredo  	500	56	18	32	590
F4-208	Chicken in Gravy  	440	53	12	33	650
F7-101	Turkey Meatloaf with Mashed Sweet Potatoes & Peas    	460	44	17	35	580
F8-101	Lemon Chicken with Wild Rice & Italian Green Beans   	480	45	18	33	350
F9-101	Turkey Meatballs with Mashed Potatoes    	400	40	17	24	650
F2-205	Sloppy J-s Casserole  	490	62	14	17	560
F5-206	Salisbury Steak with Onion Gravy   	480	55	16	29	510



Low Oil: < 5.5 g oil



Spicy



Dairy Products



Low Carb/Diabetic Friendly: < 45 g carbs



Nut Free



Lower Sodium: <500 mg



Latin Inspired Dishes



Eggs



Contains Gluten



Asian Inspired Dishes

Due to the fresh nature of our meals, substitutions are sometimes required and menus are therefore subject to change.