















MENU B

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)
V3-204	Sopa Azteca (Tortilla Soup) 	400	57	15	13	430
P5-206	Shrimp Fajita Bowl 	400	45	14	23	560
F6-207	Rojo Chicken 	410	45	11	31	480
F10-207	Picadillo with Rice & Vegetables 	400	56	11	22	550
V4-204	Sweet & Sour Stir Fry 	400	65	12	11	250
F3-204	Chicken Tikka Masala 	410	44	12	33	330
P4-204	Shrimp Tikka Masala 	400	45	13	28	490
V1-204	Penne Rosa 	420	60	15	13	410
V5-204	Buffalo Mac n Cheese 	450	58	17	18	600

MENU B

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



Low Carb/Diabetic Friendly: < 45 g carbs



Latin Inspired Dishes



Asian Inspired Dishes



Spicy



Nut Free



Eggs



Dairy Products



Lower Sodium: <500 mg



Contains Gluten

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