















MENU C

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)
V4-205	Pozole Verde 	400	45	20	15	650
F3-205	Ranchero Chicken 	430	45	10	33	450
F6-205	Mojo Chicken 	410	41	13	32	430
P4-206	Ranchero Shrimp 	500	63	13	27	580
V1-206	Sweet Potato Curry 	400	63	12	10	280
P5-207	Sweet Potato Curry with Shrimp 	450	57	14	25	400
F10-208	Sweet & Sour Chicken 	470	60	11	33	410
V3-207	Hearty Vegetable Stew 	400	52	13	14	650
V5-206	Tortellini Alfredo 	410	58	14	16	620

MENU C

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.