







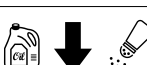



MENU B





BREAKFAST

Item #	Menu Item	Calories	Carbs (g)	Fat (g)	Protein (g)	Sodium (mg)
B1-204	Apple Spice Bread w Ginger Cookie Hummus 	400	62	13	7	290
B2-204	Farmers Scramble 	510	44	24	31	550
B3-204	Cheesy Eggs w Blueberry Oatmeal 	430	45	19	20	320
B4-207	Pancakes with Scrambled Eggs & Blueberry Compote 	400	45	19	15	650
B5-204	Apple Spice Bread w Hard Boiled Eggs 	420	45	19	17	330

SOUPS & SALADS
























Item #	Menu Item	Calories	Carbs (g)	Fat (g)	Protein (g)	Sodium (mg)
L1-204	Green Goddess Salad 	440	40	18	17	380
L2-204	Thai Chopped Salad 	420	50	17	19	300
L3-205	Winter Cranberry Salad 	400	58	17	10	230
L4-204	Thai Chopped Salad w Chicken 	430	40	18	31	340
V3-204	Sopa Azteca (Corn & Bean Soup) 	410	57	15	16	460

COMFORT

















Item #	Menu Item	Calories	Carbs (g)	Fat (g)	Protein (g)	Sodium (mg)
V1-204	Penne Rosa 	440	58	19	12	450
P2-204	Penne Rosa with Shrimp 	490	53	19	28	510
P1-201	Lemon Salmon w Mashed Sweet Potatoes & Peas 	440	53	14	26	450
F6-206	BBQ Pork Mac n Cheese 	490	63	16	26	570

MENU B

ALWAYS AVAILABLE

Item #	Menu Item	Calories	Carbs (g)	Fat (g)	Protein (g)	Sodium (mg)
V4-203	Veggie Bolognese with Pasta 	450	62	15	20	480
V5-204	Buffalo Mac n Cheese    	460	60	17	18	600
F2-202	Turkey & White Bean Chili   	490	54	19	28	650
F8-101	Lemon Chicken w Wild Rice & Green Beans   	480	45	18	33	360
F1-203	Penne with Meat Sauce (beef) & Broccoli    	410	58	9	20	540
F7-101	Turkey Meatloaf w Mashed Sweet Potatoes & Peas    	460	44	17	35	580
F9-101	Meatballs, Mash, Carrots    	420	43	19	22	560

INTERNATIONAL

Item #	Menu Item	Calories	Carbs (g)	Fat (g)	Protein (g)	Sodium (mg)
V2-204	Tofu Tikka Masala w Rice  	400	44	17	15	310
P3-204	Shrimp Tikka Masala w Rice  	400	44	12	27	470
F3-204	Chicken Tikka Masala w Rice   	420	44	12	32	320
F5-204	Chile Rojo Chicken w Veg Blend    	420	45	12	28	490
F4-207	Albondigas w Red Rice & Spinach    	510	41	25	23	620
F10-204	Picadillo (beef) w Rice & Zucchini 	420	45	17	17	640



Low Oil: < 5.5 g oil



Low Carb/Diabetic Friendly: < 45 g carbs



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.