











MENU C





BREAKFAST

Item #	Menu Item	Calories	Carbs (g)	Fat (g)	Protein (g)	Sodium (mg)
B1-201	Carrot Bread w Vegan Cream Cheese 	460	61	22	9	260
B2-206	Turkey Sausage Scramble 	500	45	23	30	540
B3-205	Cheesy Eggs w Apple Spice Oatmeal 	430	45	19	20	320
B4-208	Pancakes with Scrambled Eggs & Apple Spice Compote 	400	43	16	22	470
B5-201	Carrot Bread w Hard Boiled Eggs 	420	45	19	17	340

























SOUPS & SALADS

Item #	Menu Item	Calories	Carbs (g)	Fat (g)	Protein (g)	Sodium (mg)
L1-201	Caesar Salad 	400	45	14	15	400
L2-207	Apple & Goldenberry Salad 	400	57	17	8	100
L3-206	Mediterranean Salad 	440	45	16	19	610
L4-201	Chicken Caesar Salad 	500	44	18	32	450
V3-207	Winter Vegetable Stew 	400	52	13	14	650














COMFORT

Item #	Menu Item	Calories	Carbs (g)	Fat (g)	Protein (g)	Sodium (mg)
V1-206	Creamy Lemon Pasta 	420	60	16	13	340
F4-208	Creamy Lemon Pasta with Chicken 	550	58	20	37	380
P3-206	Lemon Garlic Shrimp with Rice 	470	53	15	25	600
F10-207	Taco Mac n Cheese 	540	59	21	25	450

MENU C 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)
V2-205	Sweet Potato Curry  	410	65	11	12	350
P1-202	Sweet Potato Curry w Salmon  	440	45	17	25	520
F3-205	Chicken Ranchero w Veg Blend   	430	45	10	33	460
F5-205	Pork Ranchero w Veg Blend  	440	44	15	26	650
F6-205	Mojo Chicken w Rice & Green Beans   	410	41	14	31	440
P2-205	Shrimp Taco Bowl 	440	55	14	27	610



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.