

<b>APPETIZERS</b>								
<b>Dips, Displays, and Boards</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Carbohydrates (g)</b>	<b>Sugars (g)</b>	<b>Fiber (g)</b>	<b>Sodium (mg)</b>	<b>Protein (g)</b>
Baked Parmesan Cheese Artichoke Dip w/ Crostini (2 pieces)	200	11	4	21	0	0	190	4
Roasted Garlic and Feta w/ Pita	160	4.5	2	22	0	0	180	2
Baba Ghanouj w/ Pita	145	1.5	0	27	3	0	50	1
Curried Hummus w/ Pita	160	4	0	21	0	0	160	2
Red Pepper Hummus w/ Pita	160	4	0	21	0	0	160	2
White Bean Spread w/ Pita	170	6	1	25	0	0	75	1
Sundried Tomato Tapenade w/ Pita	145	2	0	27	4	2	105	2
Crudite with Garlic Herb Aoili	90	3.5	0.5	7	4	2	180	4
Crudite with Dip (2 Tbsp)	100	6	1.5	9	4	2	410	4
Crudite with hummus (2 Tbsp)	90	4	0	5	2	1	160	2
Crudite with Dijon Ranch (2 Tbsp)	110	10	1.5	0	0	0	90	0
Vegetarian Antipasto (3 oz)	190	14	6	7	4	2	420	10
Shrimp Cocktail (1 each)	30	0	0	1	0	0	50	5
Sliced Seasonal Fresh Fruit Display with yogurt dip (3 Pieces)	50	0	0	10	8	1	15	1
Tortilla Chips with Salsa and Guacamole (1.5 oz chips)	285	23	4.5	18	1	2	250	3
Roasted Vegetables with Balsamic Reduction (1/2 cup)	90	5	0	10	8	2	250	1
Antipasto Display (2oz total)	200	16	14	0	0	0	600	14
Domestic Cheese Board with crackers (2 Pieces)	300	20	10	20	0	0	380	14
International Cheese Board with crackers, grilled bread (2 pieces)	300	20	10	20	0	0	380	14
Vermont Artisan Cheese Board with crackers (2 pieces)	300	20	10	20	0	0	380	14
Vermont Cheese & Pepperoni Board with crackers (2 pieces)	300	20	10	20	0	0	380	14
Caprese Bruschetta Display with Crostini (2 pieces)	260	12	4	31	0	1	300	7

Stations	Calories	Fat (g)	Sat Fat (g)	Carbohydrates (g)	Sugars (g)	Fiber (g)	Sodium (mg)	Protein (g)
Apricot Glazed Country Ham w/ Honey Mustard Sauce (3 oz)	185	8	2	12	6	0	1220	14
Roast Turkey Breast/ Cranberry Orange Compote (3 oz)	130	4	1	1	1	0	610	15
Roast Loin of Pork w/ Chipotle Mayo	200	13.5	1.5	3	3	0	730	17
Roast Tenderloin of Beef w/ Horseradish Aioli & Stone Ground Mustard (3 oz)	250	19.5	6	3	3	0	1380	15
Roll (1 each)	100	0	0	21	1	1	230	4
<b>DINNERS</b>								
<b>Plated Hot Dinners</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Carbohydrates (g)</b>	<b>Sugars (g)</b>	<b>Fiber (g)</b>	<b>Sodium (mg)</b>	<b>Protein (g)</b>
Mesclun Green Salad	30	0	0	6	2	2	45	1
Drew's Balsamic Dressing (2 Tbsp)	140	14	2.5	2	0	0	240	0
Drew's Ranch Dressing (2 Tbsp)	170	18	3	0	0	0	160	0
Caesar Salad	180	13	3	13	2	2	500	6
Grilled Chicken w/Bruschetta	150	5	1	3	2	0	170	22
Chicken Papriskash	610	37	12	29	6	4	1950	38
Lemon Basil Chicken Breast (1 breast)	130	5	2.5	5	0	0	530	19
Braised Beef Tips (3oz)	250	17	7	10	2	1	660	14
Flank Steak with Arugula Pesto (4oz)	420	30	16.5	2	0	0	225	28
Braised Pork Chop with Red Cabbage and Apple (4oz)	400	19	7	26	17	4	510	21
Brazilian Pork Shoulder with Chimichurri (3oz)	310	29	8	3	0	0	150	11
Asian Salmon with Tomato Fennel Salad (6oz salmon, entree salad)	720	46	8	47	29	4	1840	31

Baked Cod with Herb Crust and Lemon Butter (5oz)	270	12	6.5	12	0	0	190	18
Pesto Crusted Salmon (6 oz)	540	34	9	26	1	1	710	31
Black Bean Cakes with Pineapple Chutney (2 cakes)	250	3.5	0	47	12	7	50	10
Chevre Orzo with Basil Portobello	500	42	9	24	17	4	760	12
Wild Mushroom Polenta	200	13	7	16	5	2	440	7
Herb-Crusted Cod Verde and Watercress Salad	280	12	1.5	23	6	6	290	23
Citrus Marinated Salmon	310	17	5	10	1	0	680	25
<b>Sides</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Carbohydrates (g)</b>	<b>Sugars (g)</b>	<b>Fiber (g)</b>	<b>Sodium (mg)</b>	<b>Protein (g)</b>
Arroz Morro	120	1.5	0	24	0	4	210	4
Wild Rice Pilaf	120	0	0	27	0	0	0	3
Basmati Rice	140	2.5	0	27	0	0	60	2
Roasted Tri-Color Potatoes	130	3	0	24	1	2	125	2
Barley and Mushroom Pilaf	110	2	0	22	1	5	340	3
<b>Plated Dinner Desserts</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Carbohydrates (g)</b>	<b>Sugars (g)</b>	<b>Fiber (g)</b>	<b>Sodium (mg)</b>	<b>Protein (g)</b>
Carrot Cake	450	23	7	56	38	2	440	5
Flourless Chocolate Torte	540	40	23	45	32	3	200	7
Cheesecake	520	30	16	53	38	0	420	9
Chocolate Bundt Cake	280	13	5	38	24	2	310	3
Fresh Cut Fruits	100	0	0	25	23	2	0	0
Fruit Sorbet	110	0	0	29	19	0	10	0
<b>Build Your Own Dinner Buffet</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Carbohydrates (g)</b>	<b>Sugars (g)</b>	<b>Fiber (g)</b>	<b>Sodium (mg)</b>	<b>Protein (g)</b>
Mixed Green Salad	30	0	0	6	2	2	45	1
Caesar Salad	180	13	3	13	2	2	500	6
Grilled Chicken w/Bruschetta (3 oz)	150	5	1	3	2	0	170	22
Chicken Papraskash (1 breast)	610	37	12	29	6	4	1950	38

Lemon Basil Chicken Breast (1 breast)	130	5	2.5	5	0	0	530	19
Braised Beef Tips (3oz)	250	17	7	10	2	1	660	14
Flank Steak w/ Arugula Pesto (4oz)	420	30	16.5	2	0	0	225	28
Braised Pork Chop w/ Red Cabbage and Apple (4oz)	400	19	7	26	17	4	510	21
Brazilian Pork Shoulder with Chimichurri (3oz)	310	29	8	3	0	0	150	11
Asian Salmon with Tomato Fennel Salad (6oz salmon, entree salad)	720	46	8	47	29	4	1840	31
Baked Cod with Herb Crust and Lemon Butter (5oz)	270	12	6.5	12	0	0	190	18
Pesto Crusted Salmon (6 oz)	540	34	9	26	1	1	710	31
Black Bean Cakes with Pineapple Chutney (2 cakes)	250	3.5	0	47	12	7	50	10
Chevre Orzo with Basil Portobello (1 portion)	500	42	9	24	17	4	760	12
Wild Mushroom Polenta (1 cup)	200	13	7	16	5	2	440	7
Arroz Morro (1/2 cup)	120	1.5	0	24	0	4	210	4
Wild Rice Pilaf (1/2 cup)	120	0	0	27	0	0	0	3
Baja Black Beans (1/2 cup)	90	1.5	0	14	0	5	620	5
Basmati Rice (1/2 cup)	140	2.5	0	27	0	0	60	2
Roasted Tri-Color Potatoes (1/2 cup)	130	3	0	24	1	2	125	2
Barley and Mushroom Pilaf (1/2 cup)	110	2	0	22	1	5	340	3
Fresh Broccoli Rabe (1/2 cup)	20	0	0	0	0	1	30	2
Garlic Roasted Green Beans (1/2 cup)	70	4.5	0	7	2	3	160	2
Local Seasonal Vegetable (1/2 cup)	70	3	0	7	4	1	120	1

Balsamic Swiss Chard & Shallots (1/2 cup)	100	3.5	2	16	5	3	130	4
Roasted Ratatouille (1/2 cup)	70	4	.5	8	4	2	150	1
Tomato and Mozzarella Salad (1/2 cup)	120	9	5	4	2	1	80	7
<b>Themed Dinner Buffets</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Carbohydrates (g)</b>	<b>Sugars (g)</b>	<b>Fiber (g)</b>	<b>Sodium (mg)</b>	<b>Protein (g)</b>
<b>Homestyle BBQ</b>								
BBQ Beef Brisket (4 oz)	200	11	4	10	7	2	640	16
BBQ Grilled Chicken (4 oz)	110	2	0	2	2	0	40	19
BBQ Pulled Pork (4 oz)	230	11	4	14	10	4	770	16
Slow-Cooked Ribs ( 5 ribs)	650	42	14	39	28	10	1530	30
Grilled BBQ Tofu (4 oz)	100	4.5	1	4	0	0	120	10
Grilled Corn on the Cob (1 each)	80	2	0	17	6	2	140	3
Coleslaw (1/4 cup)	10	0	0	2	1	0	30	0
Cornbread (1 piece)	100	2.5	0	17	7	0	210	1
Potato Salad (1/2 cup)	70	0	0	15	1	1	65	2
Grafton Mac and Cheese (1/2 cup)	130	4	2	17	2	1	290	5
BBQ Baked Beans (1/2 cup)	150	3.5	1.5	24	7	6	370	7
<b>Vermont Salad Buffet</b>								
Mixed Salad	30	0	0	6	2	2	45	1
Cheddar/ Swiss Cheese (1 oz)	100	8	5	0	0	0	160	7
Rosemary Balsamic Dressing (2 Tbsp)	140	14	2.5	2	0	0	240	0
Chicken Breast (3oz)	100	4.5	1	0	0	0	190	14
Sliced Turkey (3oz)	75	2	1	1	0	0	420	14
Ham (3oz)	85	2	1	2	0	0	850	14
Marinated Tofu	70	3.5	0.5	4	2	0	75	7
Avocado Edamame Hummus (2 Tbsp)	40	3	0	2	0	1	60	1
Quinoa Cucumber Salad	130	4	0	21	5	2	95	3

Artisan Rolls	100	0	0	21	1	1	230	4
<b>Moroccan Buffet</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Carbohydrates (g)</b>	<b>Sugars (g)</b>	<b>Fiber (g)</b>	<b>Sodium (mg)</b>	<b>Protein (g)</b>
African Herb Salad (1.5 cups)	40	0	0	8	1	3	20	2
Tahini Honey Dressing (1 Tbsp)	60	6	1	1	0	0	25	0
West African Marinated Chicken (6 oz)	180	7	1.5	1	1	0	90	26
Moroccan Beef (6 oz)	400	26	6	4	0	0	420	35
Moroccan Lamb Stew (3 oz)	200	13	3	2	0	0	210	17
African Vegetable Peanut Curry (6 oz)	230	3	0.5	51	39	6	100	5
North African Cauliflower & Carrot Salad (3 oz)	210	18	2	12	5	4	60	1
Geelry's South African Rice (1/2 cup)	130	2	0	25	4	0	220	2
Harvest Artisan Rolls (1 each)	110	1.5	0	22	1	5	170	4
Butter (1 Tbsp)	80	9	3	0	0	0	45	0
Pickled Mango (3 oz)	105	1.5	0	24	21	2	150	0
<b>BBQ Dinner Buffet</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Carbohydrates (g)</b>	<b>Sugars (g)</b>	<b>Fiber (g)</b>	<b>Sodium (mg)</b>	<b>Protein (g)</b>
Hamburger	290	23	9	0	0	0	20	20
Hot Dog	160	14	5	2	0	0	490	7
Veggie Dog	50	2.5	0	0	0	0	300	7
Veggie Burgers	110	3	0	16	0	4	490	5
BBQ Pulled Pork	230	11	4	14	10	4	770	16
Maple Chicken Breast (3 oz)	19	7	1	14	12	0	200	19
Pasta Salad	110	2.5	1	18	2	1	160	4
Cole Slaw	10	0	0	2	1	0	30	0
Potato Salad	70	0	0	15	1	1	65	2
Mesclun Greens Salad	30	0	0	6	2	2	45	1
Balsamic Vinaigrette (2 Tbsp)	140	14	2.5	2	0	0	240	0
Hamburger Buns	160	1.5	0	29	2	1	300	6
Hot Dog buns	140	2	0.5	25	2	1	270	4
Sliced American Cheese	110	9	5	1	0	0	120	7

Kettle Cooked Potato Chips	150	8	1	17	0	1	110	2
<b>Greek Style Buffet</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Carbohydrates (g)</b>	<b>Sugars (g)</b>	<b>Fiber (g)</b>	<b>Sodium (mg)</b>	<b>Protein (g)</b>
Greek Rubbed Flank Steak (3 oz)	200	11	4	0	0	0	65	24
Grilled Marinated Chicken (3 oz)	110	3	0.5	1	0	0	115	19
Housemade Falafel (3 each)	210	12	0	21	0	6	900	6
House Pasta Salad (1/2 cup)	110	2.5	1	18	2	1	160	4
Harissa Sauce (2 Tbps)	45	4	0.5	3	0	0	35	0
Tzatziki Sauce	15	0	0	2	1	0	5	2
Feta Cheese ( 1oz)	80	6	4	1	0	0	320	6
Pita (1 each)	220	15	2	20	0	0	230	3
Braised Lamb Shoulder	340	27	9	5	3	0	150	15
Kalamata Olives (6 each)	35	3.5	0	0	0	0	130	0
<b>Mexican Style Dinner Buffet</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Carbohydrates (g)</b>	<b>Sugars (g)</b>	<b>Fiber (g)</b>	<b>Sodium (mg)</b>	<b>Protein (g)</b>
Marinated chicken (3 ounces)	130	2.5	0	0	0	0	75	26
Marinated Flank Steak (3 oz)	125	2	0	0	0	0	75	28
Pulled Pork (3 oz)	230	11	4	14	10	4	770	16
Marinated Tofu (3 oz)	110	6	0	2	0	1	75	10
Romaine Salad	10	0	0	2	0	1	5	0
Flour Tortillas (2 each)	180	4	2	30	0	0	440	6
Corn Tortillas (2 each)	110	1	0	23	2	3	20	2
Cilantro Lime Rice	140	0	0	31	0	0	200	3
Roast Corn & Black Bean Salad	120	6	0.5	14	1	4	210	4
Jicama and Cabbage	10	0	0	2	0	1	0	0
Cilantro Lime Vinaigrette	190	21	3	0	0	0	100	0
Roasted Salsa	45	4	0.5	3	1	0	140	0
Shredded Cheddar (1/4 cup)	110	9	5	1	0	0	120	7
Sour Cream (2 Tbsp)	50	4	2	1	0	0	10	0
Salsa (2 Tbsp)	20	0	0	4	0	0	130	1
Guacamole (2 Tbsp)	35	3	0	2	0	2	35	0
<b>Mediterranean Buffet</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Carbohydrates (g)</b>	<b>Sugars (g)</b>	<b>Fiber (g)</b>	<b>Sodium (mg)</b>	<b>Protein (g)</b>
Mesclun Green Salad	30	0	0	6	2	2	45	1

Drew's Balsamic Dressing (2 Tbsp)	140	14	2.5	2	0	0	240	0
Drew's Ranch Dressing (2 Tbsp)	170	18	3	0	0	0	160	0
Sauteed Squash and Peppers (1/2 cup)	80	2	1	6	2	2	120	1
Penne Pasta (2 cups)	360	3	0	78	4	5	0	16
Marinara Sauce (1/3 cup)	20	0	0	4	2	1	80	0
Bolognese (1/3 cup)	35	2	0.5	2	1	0	125	2
Roasted Vegetables (1/2 cup)	60	1	0	12	7	2	350	1
Herb-Roasted Chicken Breast	100	4.5	1	0	0	0	190	14
Italian Sausage (1 link)	340	27	10	4	2	0	740	19
Baguette (3 pieces)	120	3	0	24	0	0	250	0
Butter (1 Tbsp)	80	9	3	0	0	0	45	0
Shredded Parm (2 Tbsp)	40	3	2	0	0	0	180	3
<b>Chili Dinner Buffet</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Carbohydrates (g)</b>	<b>Sugars (g)</b>	<b>Fiber (g)</b>	<b>Sodium (mg)</b>	<b>Protein (g)</b>
Mesclun Green Salad	30	0	0	6	2	2	45	1
Drew's Balsamic Dressing (2 Tbsp)	140	14	2.5	2	0	0	240	0
Drew's Ranch Dressing (2 Tbsp)	170	18	3	0	0	0	160	0
Vegetable Chili (1 1/3 cup)	160	5	0	25	10	8	630	7
Beef Chili (1 1/3 cup)	350	14	5	26	3	10	500	30
Buttermilk Biscuits (1 each)	90	3.5	2	14	1	0	290	2
Sour Cream (2 Tbsp)	50	4	2	1	0	0	10	0
Cheddar Cheese (1/4 cup)	110	9	5	1	0	0	120	7
Onions (1 Tbsp)	0	0	0	0	0	0	0	0
Butter (1 Tbsp)	80	9	3	0	0	0	45	0
<b>Build-your-Own Dinner Buffet</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Carbohydrates (g)</b>	<b>Sugars (g)</b>	<b>Fiber (g)</b>	<b>Sodium (mg)</b>	<b>Protein (g)</b>
Mixed Green Salad	30	0	0	6	2	2	45	1
Caesar Salad	180	13	3	13	2	2	500	6
Grilled Chicken w/Bruschetta	150	5	1	3	2	0	170	22
Chicken Papriskash	610	37	12	29	6	4	1950	38





Lemonade	120	0	0	30	26	0	10	0
Iced Water	0	0	0	0	0	0	0	0
Infused Water	0	0	0	0	0	0	0	0
Coffee Service	0	0	0	0	0	0	0	0
Citrus Punch (8 oz)	120	0	0	30	26	0	10	0
Cranberry Spritzer (8 oz)	110	0	0	29	25	0	0	0
White Grape Sparkling Punch (8oz)	100	0	0	26	23	0	0	0
Apple Cider (8 oz)	120	0	0	29	26	0	0	0

<b>LUNCHES</b>								
<b>Boxed Lunches- Salads</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Carbohydrates (g)</b>	<b>Sugars (g)</b>	<b>Fiber (g)</b>	<b>Sodium (mg)</b>	<b>Protein (g)</b>
Classic Caesar	90	4	2	9	2	3	270	6
Chicken Caesar	190	6	2.5	13	3	3	810	22
Roasted Beet & Goat Cheese Salad	200	16	5	8	6	2	290	6
Apple Cheddar & Walnut Salad	300	13	9	30	22	6	500	11
Caprese Salad	300	18	12	20	14	2	570	19
Greek Salad	150	10	4.5	11	5	5	550	7
Classic Garden Salad	80	2	0	14	7	5	140	3
Add Chicken	110	3	0.5	1	0	0	115	19
Add Falafel	210	12	0	21	0	6	900	6
Add Salmon	200	13	3	0	0	0	90	18
Baker's Harvest Artisan Rolls	110	1.5	0	22	1	5	170	4
<b>Boxed Lunches- Sandwiches</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Carbohydrates (g)</b>	<b>Sugars (g)</b>	<b>Fiber (g)</b>	<b>Sodium (mg)</b>	<b>Protein (g)</b>
Turkey Apple Sandwich	420	20	7	36	10	5	1330	30
Roast Beef and Swiss Wrap	500	15	11	37	4	2	1070	54
Caprese Sandwich	420	24	9	34	1	2	550	16
Ham & Swiss Croissant	340	12	6	2	2	2	1100	28
Chicken Gyro Sandwich	230	4	0.5	30	5	3	300	18
Avocado Kale Caesar Wrap	510	17	2	79	8	12	790	12
Turkey BLT Croissant	440	25	12	31	7	2	1220	24
Cajun Chicken Sandwich	450	15	6	45	4	3	820	33
Mediterranean Chicken Wrap	230	4	0.5	30	5	3	300	18
<b>Desserts</b>								
Sugar Cookie	120	6	2.5	18	10	0	105	1
Chocolate Chip Cookie	130	6	3	17	10	0	95	1
Oatmeal Raisin Cookie	120	5	2.5	17	9	1	120	2
Brownies	130	4.5	0.5	21	14	1	80	1
Lemon Bars	180	9	5	25	20	0	50	2
<b>Cold Lunches</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Carbohydrates (g)</b>	<b>Sugars (g)</b>	<b>Fiber (g)</b>	<b>Sodium (mg)</b>	<b>Protein (g)</b>
Classic Garden Salad	150	10	4.5	11	5	5	550	7

Classic Caesar	90	4	2	9	2	3	270	6
Chicken Caesar	190	6	2.5	13	3	3	810	22
Roasted Beet & Goat Cheese Salad	200	16	5	8	6	2	290	6
Apple, Cheddar & Walnut Salad	300	13	9	30	22	6	500	11
Caprese Salad Plate	300	18	12	20	14	2	570	19
Greek Salad	150	10	4.5	12	5	5	550	7
Baker's Harvest Artisan Rolls	110	1.5	0	22	1	5	170	4
Add Falafel	210	12	0	21	0	6	900	6
Add Salmon	200	13	3	0	0	0	90	18
Baker's Harvest Artisan Rolls	110	1.5	0	22	1	5	170	4
<b>Plated Sandwich Lunches</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Carbohydrates (g)</b>	<b>Sugars (g)</b>	<b>Fiber (g)</b>	<b>Sodium (mg)</b>	<b>Protein (g)</b>
Turkey Apple Sandwich	420	20	7	36	10	5	1330	30
Turkey BLT Croissant	440	25	12	31	7	2	1220	24
Cajun Chicken Sandwich	450	15	6	45	4	3	820	33
Mediterranean Chicken Wrap	230	4	0.5	30	5	3	300	18
Roast Beef and Swiss Wrap	500	15	11	37	4	2	1070	54
Ham & Swiss Croissant	340	12	6	2	2	2	1100	28
Edamame Wrap	340	13	3.5	47	4	6	700	9
Avocado Kale Caesar Wrap	510	17	2	79	8	12	790	12
Caprese Sandwich	420	24	9	34	1	2	550	16
Whole Fruit	80	0	0	16	8	2	30	1
Kettle Cooked Chips	150	8	1	17	0	1	110	2
Potato Salad (3 ounces)	70	0	0	15	1	1	65	2
Pasta Salad (3 ounces)	110	2.5	1	18	2	1	160	4
Coleslaw (3 ounces)	10	0	0	2	1	1	30	0
Mesclun Green Salad	30	0	0	6	2	2	45	1
Drew's Balsamic Dressing	140	14	2.5	2	0	0	240	0
Drew's Ranch Dressing (2 Tbsp)	170	18	3	0	0	0	160	0
<b>LUNCH BUFFETS</b>								
<b>Artisan Sandwich Buffet</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Carbohydrates (g)</b>	<b>Sugars (g)</b>	<b>Fiber (g)</b>	<b>Sodium (mg)</b>	<b>Protein (g)</b>
Turkey Apple Sandwich	420	20	7	36	10	5	1330	30
Turkey BLT Croissant	440	25	12	31	7	2	1220	24

Cajun Chicken Sandwich	450	15	6	45	4	3	820	33
Mediterranean Chicken Wrap	230	4	0.5	30	5	3	300	18
Lemon Tarragon Chicken Salad Croissant	430	14	2	55	6	9	640	20
Smoked Turkey and Mozzarella Sandwich w/ Sundried Tomato Tapenade	410	13	4.5	46	3	3	1620	30
Roast Beef and Swiss Wrap	500	15	11	37	4	2	1070	54
Ham and Swiss Croissant	340	12	6	2	2	2	1100	28
Avocado Kale Caesar Salad	510	17	2	79	8	12	790	12
<b>Homestyle BBQ</b>								
BBQ Beef Brisket (4 oz)	200	11	4	10	7	2	640	16
BBQ Grilled Chicken (4 oz)	110	2	0	2	2	0	40	19
BBQ Pulled Pork (4 oz)	230	11	4	14	10	4	770	16
Grilled Corn on the Cob (1 each)	80	2	0	17	6	2	140	3
Coleslaw (2 oz)	10	0	0	2	1	0	30	0
Cabot Mac and Cheese (1/2 cup)	130	4	2	17	2	1	290	5
Potato Salad (1/2 cup)	70	0	0	15	1	1	65	2
Baked Beans (1/2 cup)	150	3.5	1.5	24	7	6	370	7
Cornbread (1 each)	100	2.5	0	17	7	0	210	1
<b>Moroccan Buffet</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Carbohydrates (g)</b>	<b>Sugars (g)</b>	<b>Fiber (g)</b>	<b>Sodium (mg)</b>	<b>Protein (g)</b>
African Herb Salad (1.5 cups)	40	0	0	8	1	3	20	2
Tahini Honey Dressing (1 Tbsp)	60	6	1	1	0	0	25	0
West African Marinated Chicken (6 oz)	180	7	1.5	1	1	0	90	26
Moroccan Beef (6 oz)	400	26	6	4	0	0	420	35
African Vegetable Peanut Curry (6 oz)	230	3	0.5	51	39	6	100	5
North African Cauliflower & Carrot Salad	210	18	2	12	5	4	60	1
Geelry's South African Rice (3 oz)	130	2	0	25	4	0	220	2
Harvest Baked Artisan Rolls (1 each)	110	1.5	0	22	1	5	170	4
Butter (1 Tbsp)	80	9	3	0	0	0	45	0
Pickled Mango (3 oz)	105	1.5	0	24	21	2	150	0
Pita (1 each)	220	15	2	20	0	0	230	3

<b>Mexican Style Soft Tortilla Buffet</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Carbohydrates (g)</b>	<b>Sugars (g)</b>	<b>Fiber (g)</b>	<b>Sodium (mg)</b>	<b>Protein (g)</b>
Marinated chicken (3 ounces)	130	2.5	0	0	0	0	75	26
Marinated Flank Steak (3 ounces)	125	2	0	0	0	0	75	28
Marinated Tofu (3 ounces)	110	6	0	2	0	1	75	10
Romaine Salad	10	0	0	2	0	1	5	0
Flour Tortillas (2 each)	180	4	2	30	0	0	440	6
Corn Tortillas (2 each)	110	1	0	23	2	3	20	2
Roast Corn & Black Bean Salad	120	6	0.5	14	1	4	210	4
Jicama and Cabbage	10	0	0	2	0	1	0	0
Roasted Salsa	45	4	0.5	3	1	0	140	0
Shredded Cheddar Cheese (1/4 cup)	110	9	5	1	0	0	120	7
Sour Cream (2 Tbsp)	50	4	2	1	0	0	10	0
Salsa	20	0	0	4	0	0	130	1
Cilantro Lime Vinaigrette (2 Tbsp)	190	21	3	0	0	0	100	0
<b>Salad Buffet</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Carbohydrates (g)</b>	<b>Sugars (g)</b>	<b>Fiber (g)</b>	<b>Sodium (mg)</b>	<b>Protein (g)</b>
Mesclun Greens (2 cups)	25	0	0	4	0	1	30	3
Cucumber (1/4 cup)	4	0	0	1	0	0	0	0
Shredded Carrots (1/4 cup)	10	0	0	3	0	1	20	0
Cherry Tomatoes (5 each)	10	0	0	2	2	1	40	0
Swiss Cheese (1 oz)	100	8	5	0	0	0	160	7
Provolone Cheese (1 oz)	100	8	5	0	0	0	250	7
Drew's Balsamic Dressing (2 Tbsp)	140	14	2.5	2	0	0	240	0
Drew's Ranch Dressing (2 Tbsp)	170	18	3	0	0	0	160	0
Sliced Chicken Breast (3 oz)	100	4.5	1	0	0	0	190	14
Julienne Turkey (3 oz)	75	2	1	1	0	0	675	14
Julienne Ham (3 oz)	85	2	1	2	0	0	850	14
Chicken Salad (3 oz)	120	7	1	4	1	0	300	10
Marinated Tofu (3 oz)	70	3.5	0.5	4	2	0	75	7
Pasta Salad (3 ounces)	110	2.5	1	18	2	1	160	4
Harvest Baked Artisan Rolls (1 each)	110	1.5	0	22	1	5	170	4
Butter (1 Tbsp)	80	9	3	0	0	0	45	0

<b>Greek Style Buffet</b>								
Greek Rubbed Flank Steak (3 oz)	200	11	4	0	0	0	65	24
Grilled Marinated Chicken (3 oz)	110	3	0.5	1	0	0	115	19
Housemade Falafel (3 each)	210	12	0	21	0	6	900	6
House Pasta Salad	110	2.5	1	18	2	1	160	4
Harissa Sauce	45	4	0.5	3	0	0	35	0
Tzatziki Sauce	15	0	0	2	1	0	5	2
Feta Cheese	80	6	4	1	0	0	320	6
Pita (1 each)	220	15	2	20	0	0	230	3
Kalamata Olives (6 each)	35	3.5	0	0	0	0	130	0
<b>Thai Style Buffet</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Carbohydrates (g)</b>	<b>Sugars (g)</b>	<b>Fiber (g)</b>	<b>Sodium (mg)</b>	<b>Protein (g)</b>
Marinated Sliced Chicken breast	180	3	1	9	9	0	165	26
Marinated Tofu	125	4	0.5	10	10	1	550	10
Peanut Sauce (2 Tbsp)	60	5	0.5	4	3	0	200	2
Thai Cucumber Salad	25	0	0	5	4	1	200	1
Rice Noodle Salad	90	2	0	16	4	0	334	1
Mesclun Greens (2 cups)	25	0	0	4	0	1	30	3
Harvest Baked Artisan Rolls (1 each)	110	1.5	0	22	1	5	170	4
Butter (1 Tbsp)	80	9	3	0	0	0	45	0
Thai Dressing (2 Tbsp)	60	5	0.5	4	3	0	200	2
<b>BBQ Buffet</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Carbohydrates (g)</b>	<b>Sugars (g)</b>	<b>Fiber (g)</b>	<b>Sodium (mg)</b>	<b>Protein (g)</b>
Hamburgers (1 each)	290	23	9	0	0	0	20	20
McKenzie Hot Dogs (1 each)	160	14	5	2	0	0	490	7
Veggie Burgers (1 each)	110	3	0	16	0	4	490	5
Pasta Salad (3 ounces)	110	2.5	1	18	2	1	160	4
Hamburger Buns (1 each)	160	1.5	0	29	2	1	300	6
Hot Dog buns (1 each)	140	2	0.5	25	2	1	270	4
Lettuce, Tomato, Onions	0	0	0	0	0	0	0	0
Cabot Cheddar Cheese (1 slice)	110	9	5	1	0	0	120	7
Pickles (2 Tbsp)	15	0	0	3	1	0	130	0
Kettle Cooked Potato Chips	150	8	1	17	0	1	110	2

<b>Chili Buffet</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Carbohydrates (g)</b>	<b>Sugars (g)</b>	<b>Fiber (g)</b>	<b>Sodium (mg)</b>	<b>Protein (g)</b>
Mesclun Green Salad	30	0	0	6	2	2	45	1
Drew's Balsamic Dressing (2 Tbsp)	140	14	2.5	2	0	0	240	0
Drew's Ranch Dressing (2 Tbsp)	170	18	3	0	0	0	160	0
Vegetable Chili (1 1/3 cup)	160	5	0	25	10	8	630	7
Beef Chili (1 1/3 cup)	350	14	5	26	3	10	500	30
Buttermilk Biscuits (1 each)	90	3.5	2	14	1	0	290	2
Sour Cream (2 Tbsp)	50	4	2	1	0	0	10	0
Cheddar Cheese (1/4 cup)	110	9	5	1	0	0	120	7
Onions (1 Tbsp)	0	0	0	0	0	0	0	0
Butter (1 Tbsp)	80	9	3	0	0	0	45	0
<b>Mediterranean Buffet</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Carbohydrates (g)</b>	<b>Sugars (g)</b>	<b>Fiber (g)</b>	<b>Sodium (mg)</b>	<b>Protein (g)</b>
Mesclun Green Salad	30	0	0	6	2	2	45	1
Drew's Balsamic Dressing (2 Tbsp)	140	14	2.5	2	0	0	240	0
Drew's Ranch Dressing (2 Tbsp)	170	18	3	0	0	0	160	0
Sauteed Squash and Peppers	80	2	1	6	2	2	120	1
Penne Pasta (2 cups)	360	3	0	78	4	5	0	16
Marinara Sauce (1/3 cup)	20	0	0	4	2	1	80	0
Bolognese (1/3 cup)	35	2	0.5	2	1	0	125	2
Baguette (3 pieces)	120	3	0	24	0	0	250	0
Butter (1 Tbsp)	80	9	3	0	0	0	45	0
Shredded Parm (2 Tbsp)	40	3	2	0	0	0	180	3
<b>Build Your Own Lunch Buffet</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Carbohydrates (g)</b>	<b>Sugars (g)</b>	<b>Fiber (g)</b>	<b>Sodium (mg)</b>	<b>Protein (g)</b>
Mixed Green Salad	30	0	0	6	2	2	45	1
Caesar Salad	180	13	3	13	2	2	500	6
Grilled Chicken w/Bruschetta	150	5	1	3	2	0	170	22
Chicken Papraskash	610	37	12	29	6	4	1950	38
Lemon Basil Chicken Breast (1 breast)	130	5	2.5	5	0	0	530	19
Braised Beef Tips (3oz)	250	17	7	10	2	1	660	14
Flank Steak with Arugula Pesto (4oz)	420	30	16.5	2	0	0	225	28
Braised Pork Chop with Red Cabbage and Apple (4oz)	400	19	7	26	17	4	510	21



Brazilian Pork Shoulder with Chimichurri (3oz)	310	29	8	3	0	0	150	11
Asian Salmon with Tomato Fennel Salad	720	46	8	47	29	4	1840	31
Baked Cod with Herb Crust and Lemon	270	12	6.5	12	0	0	190	18
Pesto Crusted Salmon (6 oz)	540	34	9	26	1	1	710	31
Black Bean Cakes with Pineapple Chutney (2 cakes)	250	3.5	0	47	12	7	50	10
Chevre Orzo with Basil Portobello (1 portion)	500	42	9	24	17	4	760	12
Wild Mushroom Polenta (1 cup)	200	13	7	16	5	2	440	7
Tomato and Mozzarella Salad (1/2 cup)	120	9	5	4	2	0	80	7
<b>Plated Cold Lunches</b>								
Classic Caesar	90	4	2	9	2	3	270	6
Chicken Caesar	190	6	2.5	13	3	3	810	22
Roasted Beet & Goat Cheese Salad	200	16	5	8	6	2	290	6
Apple, Cheddar, Walnut Salad	300	13	9	30	22	6	500	11
Caprese Salad Plate	300	18	12	20	14	2	570	19
Baja Chopped Salad	250	11	3.5	32	10	10	890	10
Greek Salad	80	2	0	14	7	5	140	3
<b>PLATED HOT LUNCHES</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Carbohydrates (g)</b>	<b>Sugars (g)</b>	<b>Fiber (g)</b>	<b>Sodium (mg)</b>	<b>Protein (g)</b>
Asian Salmon with Tomato Fennel Salad	720	46	8	47	29	4	1840	31
Flank Steak with Arugula Pesto	420	30	16.5	2	0	0	225	28
Baked Cod with Herb Crust	270	12	6.5	12	0	0	190	18
Lemon Basil Chicken	130	5	2.5	5	0	0	530	19
Grilled Chicken with Bruschetta	150	5	1	3	2	0	170	22
Stuffed Goat Cheese Portobello	610	43	15	37	5	4	630	21
Wild Mushroom Polenta	200	13	7	16	5	2	440	7
Mesclun Greens (2 cups)	25	0	0	4	0	1	30	3
Harvest Baked Artisan Rolls (1 each)	110	1.5	0	22	1	5	170	4
Butter (1 Tbsp)	80	9	3	0	0	0	45	0
Drew's Balsamic Dressing (2 Tbsp)	140	14	2.5	2	0	0	240	0
Drew's Ranch Dressing (2 Tbsp)	170	18	3	0	0	0	160	0

<b>Sides</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Carbohydrates (g)</b>	<b>Sugars (g)</b>	<b>Fiber (g)</b>	<b>Sodium (mg)</b>	<b>Protein (g)</b>
Wild Rice Pilaf (1/2 cup)	120	0	0	27	0	0	0	3
Vegetable Quinoa (1/2 cup)	140	7	1	17	3	2	115	3
Arro Morrow (1/2 cup)	120	1.5	0	24	0	4	210	4
Basmati Rice (1/2 cup)	130	2.5	0	25	0	0	60	2
Roasted Tri-Color Potatoes (1/2 cup)	120	3	0	22	1	2	125	2
Baja Black Beans (1/2 cup)	90	1.5	0	14	0	5	620	5
Barley and Mushroom Pilaf (1/2 cup)	110	2	0	22	1	5	340	3
<b>Plated Desserts</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Carbohydrates (g)</b>	<b>Sugars (g)</b>	<b>Fiber (g)</b>	<b>Sodium (mg)</b>	<b>Protein (g)</b>
Carrot Cake (1 piece)	450	23	7	56	38	2	440	5
Cheesecake (1 piece)	520	30	16	53	38	0	420	9
Chocolate Bundt Cake (1 piece)	280	13	5	38	24	2	310	3
Fresh Cut Fruits (1 cup)	100	0	0	18	15	2	0	0
Lemon Pound Cake (1 piece)	410	18	10	57	37	0	190	5
Apple Crisp (1 serving)	150	1.5	0.5	34	23	2	10	0
<b>BEVERAGES</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Carbohydrates (g)</b>	<b>Sugars (g)</b>	<b>Fiber (g)</b>	<b>Sodium (mg)</b>	<b>Protein (g)</b>
Fresh Brewed Iced Tea	0	0	0	0	0	0	0	0
Lemonade (8 oz)	120	0	0	30	26	0	10	0
Iced Water	0	0	0	0	0	0	0	0
Infused Water	0	0	0	0	0	0	0	0
Coffee Service	0	0	0	0	0	0	0	0
Citrus Punch (8 oz)	120	0	0	30	26	0	10	0
Cranberry Spritzer (8 oz)	110	0	0	29	25	0	0	0
White Grape Sparkling Punch (8oz)	100	0	0	26	23	0	0	0
Apple Cider (8 oz)	120	0	0	29	26	0	0	0


<b>BREAKFAST</b>								
<b>Classic Continental Breakfast</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Carbohydrates (g)</b>	<b>Sugars (g)</b>	<b>Fiber (g)</b>	<b>Sodium (mg)</b>	<b>Protein (g)</b>
Blueberry Muffin	240	6	2.5	41	20	1	290	4
Mindful Blueberry Muffin	170	1	0	37	20	0	310	2
Mindful Mixed Berry Muffin	160	1	0	35	20	0	290	2
Mindful Lemon Poppy Seed Muffin	170	2	0	38	0	21	320	2
Mindful Cranberry Orange Muffin	150	2	0	34	19	1	280	2
Morning Glory Muffin	120	2	1	24	12	2	210	4
Raspberry White Chocolate Scone	470	20	10	66	38	1	320	5
Blueberry Scone	440	19	9	62	34	1	310	5
Apple Cinnamon Scone	440	19	9	63	37	0	300	4
Banana Bread	180	5	3	32	16	2	140	2
Zucchini Bread	260	10	0	34	18	0	230	4
Apple Streusel Bread	200	8	0	30	16	0	120	2
Blueberry Streusel Bread	200	6	2	34	18	0	230	4
Citrus Cranberry Bread	240	7	0	42	24	2	120	2
Lemon Poppy Seed Bread	280	10	6	44	18	2	280	6
Pumpkin Bread	160	1	0	38	24	1	230	2
Petit Croissants	80	5	3	9	1	0	125	2
Wheat Bagel	260	2	0	53	2	3	590	10
Plain Bagel	270	2	1	56	4	1	480	10
Everything Bagel	310	3	0	59	4	3	820	11
Sesame Bagel	310	4	0	57	4	3	530	11
Cinnamon Raisin Bagel	290	2	1	58	10	2	440	10
Raspberry Danish	140	6	2	20	11	0	210	2
Blueberry Danish	140	6	2	20	11	0	210	2
Cinnamon Sugar Donut	320	12	4.5	51	26	1	280	5
Plain Donut	220	12	4.5	25	2	0	280	5
Fresh Fruit Salad (1 cup)	90	0	0	24	20	4	30	0
<b>Healthy Start Continental Breakfast</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Carbohydrates (g)</b>	<b>Sugars (g)</b>	<b>Fiber (g)</b>	<b>Sodium (mg)</b>	<b>Protein (g)</b>
Fresh Fruit Salad (1 cup)	90	0	0	24	20	4	30	0
Low fat Yogurt (1 cup)	210	3	2	34	34	0	160	12
G. O. Granola (1/4 cup)	140	8	1	15	4	3	0	5

Bagels (1 each)	270	1.5	0.5	56	4	1	480	10
<b>Omelet Station</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Carbohydrates (g)</b>	<b>Sugars (g)</b>	<b>Fiber (g)</b>	<b>Sodium (mg)</b>	<b>Protein (g)</b>
Omelets	240	16	6	3	1	1	510	19
<b>Hot Breakfast Buffet</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Carbohydrates (g)</b>	<b>Sugars (g)</b>	<b>Fiber (g)</b>	<b>Sodium (mg)</b>	<b>Protein (g)</b>
Breakfast Potatoes (1/2 cup)	100	1.5	0	21	2	2	170	2
Broccoli & Cheddar Quiche (1 piece)	260	17	8	18	4	1	420	11
Fluffy Scrambled Eggs (1/2 cup)	180	13	4.5	0	0	0	180	13
Apple Quinoa Pancakes (2 each)	340	9	7	63	38	2	260	4
Scrambled Tofu (4 oz)	100	6	0	6	0	0	270	10
Scrambled Eggs w/ cheese (1/2 cup)	240	18	8	1	1	0	290	19
Kale & Bacon Frittata (4 oz)	230	15	6	6	0	1	640	18
Corned Beef Hash (1/2 cup)	220	14	4	14	0	1	840	9
Root Vegetable Hash (1/2 cup)	100	2	0	21	2	2	200	2
Country Ham (3 oz)	100	1	0	2	2	0	350	8
Artisan French Toast (1 slice)	100	1.5	0.5	16	2	0	170	4
Crispy Bacon (2 slices)	60	5	2	0	0	0	190	3
Pork Sausage Links	190	18	7	0	0	0	380	8
Pork Sausage Patties	180	17	6	0	0	0	290	6
Vegetable Sausage Pattie	70	3	0	3	0	1	260	9
Hot Oatmeal (1 cup)	150	3	0	28	0	4	200	6
Fresh Fruit Salad (1 cup)	90	0	0	24	20	4	30	0
<b>Breakfast Condiments</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Carbohydrates (g)</b>	<b>Sugars (g)</b>	<b>Fiber (g)</b>	<b>Sodium (mg)</b>	<b>Protein (g)</b>
Low Fat Cr. Cheese (2 Tbsp)	60	5	1	2	1	0	108	1
Orange Juice (8 oz)	110	0	0	26	26	0	30	2
Jam (1 Tbsp)	55	0	0	14	14	0	0	0
Butter (1 Tbsp)	80	9	3	0	0	0	45	0
Peanut Butter (2 Tbsp)	190	16	3	7	5	2	135	7
Regular Coffee & Decaf Coffee	0	0	0	0	0	0	0	0
Hot Tea	0	0	0	0	0	0	0	0
<b>BEVERAGES</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Carbohydrates (g)</b>	<b>Sugars (g)</b>	<b>Fiber (g)</b>	<b>Sodium (mg)</b>	<b>Protein (g)</b>

Fresh Brewed Iced Tea	0	0	0	0	0	0	0	0
Lemonade	120	0	0	30	26	0	10	0
Iced Water	0	0	0	0	0	0	0	0
Infused Water	0	0	0	0	0	0	0	0
Coffee Service	0	0	0	0	0	0	0	0
Citrus Punch (8 oz)	120	0	0	30	26	0	10	0
Cranberry Spritzer (8 oz)	110	0	0	29	25	0	0	0
White Grape Sparkling Punch (8oz)	100	0	0	26	23	0	0	0
Apple Cider (8 oz)	120	0	0	29	26	0	0	0

<b>Hot Hors D'oeuvres (1 each)</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Carbohydrates (g)</b>	<b>Sugars (g)</b>	<b>Fiber (g)</b>	<b>Sodium (mg)</b>	<b>Protein (g)</b>
Coconut Chicken with Ponzu Sauce (1 piece)	40	1	.5	4	1	0	68	3.5
Chicken Empanada wih Chipotle Dipping Sauce (1 piece)	75	3	1	8	0	0	85	2
Yucatan Roasted Corn and Black Bean Tart (1 piece)	390	12	3.5	64	9	7	1510	9
Edamame Potstickers (1 piece)	60	2	0	8	1	.5	100	2
Vegetable Spring Rolls (1 piece)	60	1	0	11	0	0	150	2
Bacon Wrapped Date with Almond (1 piece)	75	4.5	1.5	6	5	1	176	3
Smoked Bacon Jam Tart (1 piece)	85	5.5	3	6	2	0	140	1
Breaded Parmesan Artichoke Heart with Goat Cheese (1 piece)	50	2	1	5	.5	.5	180	2
Spanakopita (1 piece)	68	5	1.5	5	0	0	130	1
Vegetable Potstickers (1 piece)	40	1	0	8	0	0	115	2
Mini Vegetable Egg roll with Mae Ploy Dipping Sauce (1 piece)	10	0	0	2	0	0	116	0
Mini Crab Cakes (1 piece)	35	0	0	4	0	0	120	2
Bacon Wrapped Scallops (1 piece)	30	2	1	0	0	0	110	3
<b>Cold Hors D'oeuvres (1 each)</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Carbohydrates (g)</b>	<b>Sugars (g)</b>	<b>Fiber (g)</b>	<b>Sodium (mg)</b>	<b>Protein (g)</b>
Cucumber Rounds w/Feta & Tomato	30	2	1	2	1	0	115	1
Tarragon Chicken Salad Cups	40	2	0	5	1	0	80	3
Roast Eggplant & Tomato Canape	70	6	0	6	2	1	0	0
Goat Cheese & Honey Phyllo Cups	100	7	2	5	2	0	40	3
Broccoli Rabe & Fresh Mozzarella Crostini	200	14	3.5	13	2	2	340	5
Shrimp Cocktail	30	0	0	1	0	0	50	5
<b>Sweet and Salty</b>								
<b>Ice Cream Sundae Bar</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Carbohydrates (g)</b>	<b>Sugars (g)</b>	<b>Fiber (g)</b>	<b>Sodium (mg)</b>	<b>Protein (g)</b>

Chocolate Ice Cream (1/2 cup)	160	8	5	21	19	0	40	3
Vanilla Ice Cream (1/2 cup)	100	3	2	17	11	0	30	1
Butterscotch Sauce (2 Tbsp)	130	6	4	18	15	0	120	0
Strawberry Sauce (2 Tbsp)	110	0	0	27	23	0	0	0
Hot Fudge (2 Tbsp)	130	4.5	1.5	22	18	0	50	2
Sprinkles (1 tsp)	20	1	0	3	2	0	0	0
M&M's (1 Tbsp)	80	3	1	13	11	0	0	0
Whipped Topping (2 Tbsp)	25	1	0	2	1	0	0	0
Cherries	10	0	0	2	0	0	0	0
<b>Desserts</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Carbohydrates (g)</b>	<b>Sugars (g)</b>	<b>Fiber (g)</b>	<b>Sodium (mg)</b>	<b>Protein (g)</b>
Chocolate Cake (1 slice)	230	12	4.5	29	22	1	220	2
Vanilla Cake (1 slice)	230	12	4.5	30	23	1	180	2
Mini Cupcakes (1 each)	100	4	1	15	12	0	85	1
Carrot Cake (1 slice)	260	13	4	33	26	1	160	2
Mini Petit Four & Mini Pastries (2 each)	140	9	5	16	14	0	25	1
Lemon Pound Cake	410	18	10	57	37	0	190	5
Sugar Cookie (1 each)	120	6	2.5	18	10	0	105	1
Chocolate Chip Cookie (1 each)	130	6	3	17	10	0	95	1
Oatmeal Raisin Cookie (1 each)	120	5	2.5	17	9	1	120	2
Brownies (1 each)	130	4.5	0.5	21	14	1	80	1
Cookie Love Cookies (Choc Chip)	170	9	4	24	14	2	125	2
Cookie Love Cookies (Oatmeal Cranberry)	160	7	2.5	24	12	0	140	3
Chocolate Cupcake	340	14	3	51	37	2	400	4
Vanilla Cupcake	390	20	7	50	37	0	330	3
Apple Spice Cupcake	390	20	7	50	37	0	330	3
Lemon Cupcake	390	20	7	50	37	0	330	3
Macaroon	100	7	6	10	7	2	60	2
Vegan Pumpkin Chocolate Chip Cookie	120	4.5	1	20	12	1	35	1
Lemon Squares (1 each)	180	9	5	25	20	0	60	2
Whole Fruit (1 each)	80	0	0	16	8	2	30	1



Granola Bar (1 each)	120	3	.5	24	12	1	110	2
Multi-Grain Bars (1 each)	190	7	1	29	11	2	180	3
Popcorn	100	2	1	20	0	2	160	1
Potato Chips with Dip (20 chips, 2 Tbsp dip)	190	11	2.5	19	1	0	230	4
Housemade Tortilla Chips and Salsa (1 oz chips, 2 Tbsp salsa)	80	1	0	16	1	2	120	2
<b>BEVERAGES</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Carbohydrates (g)</b>	<b>Sugars (g)</b>	<b>Fiber (g)</b>	<b>Sodium (mg)</b>	<b>Protein (g)</b>
Fresh Brewed Iced Tea	0	0	0	0	0	0	0	0
Lemonade	120	0	0	30	26	0	10	0
Iced Water	0	0	0	0	0	0	0	0
Infused Water	0	0	0	0	0	0	0	0
Coffee Service	0	0	0	0	0	0	0	0
Citrus Punch (8 oz)	120	0	0	30	26	0	10	0
Cranberry Spritzer (8 oz)	110	0	0	29	25	0	0	0
White Grape Sparkling Punch (8oz)	100	0	0	26	23	0	0	0
Apple Cider (8 oz)	120	0	0	29	26	0	0	0
Hot Chocolate	200	3.5	2	39	35	1	320	3