

Chicken Orzo Vegetable Soup

Pulled chicken, orzo, chicken broth, tomatoes, spinach, corn, green beans, zucchini and fresh thyme



Cal 80

Serv Size: 1 6 FLOZ (201g) • Fat cal 30 • Total fat 3g • Sat fat 1g • Trans fat 0g • Cholest 10mg • Sodium 210mg • Total carb 10g • Fiber 1g • Sugars 2g • Protein 4g

Contains: wheat, soy bean, gluten

Tomato Soup



Cal 130

Serv Size: 1 8 FLOZ (243g) • Fat cal 35 • Total fat 4g • Sat fat 2g • Trans fat 0g • Cholest 10mg • Sodium 35mg • Total carb 20g • Fiber 3g • Sugars 13g • Protein 3g

Contains: milk, wheat, soy bean, gluten

S'more Melt

S'More sandwich with Nutella, marshmallows and graham cracker crumbs on griddled white bread

Cal 490

Serv Size: 1 SANDWICH (126g) • Fat cal 220 • Total fat 24g • Sat fat 12g • Trans fat 1g • Cholest 40mg • Sodium 460mg • Total carb 63g • Fiber 2g • Sugars 27g • Protein 7g

Contains: milk, wheat, tree nuts, soy bean, gluten

Strawberry Shortcake Sweet Shot

Layers of vanilla cake, vanilla mousse, fresh strawberries and whipped topping



Cal 150

Serv Size: 1 EA (84g) • Fat cal 60 • Total fat 7g • Sat fat 6g • Trans fat 0g • Cholest 0mg • Sodium 95mg • Total carb 20g • Fiber <1g • Sugars 15g • Protein 2g

Contains: milk, eggs, wheat, tree nuts, soy bean, gluten

Peanut Butter Tiramisu Sweet Shot

Layers of peanut butter mousse, graham cracker crumbs, vanilla mousse, cocoa powder and whipped topping



Cal 230

Serv Size: 1 EA (90g) • Fat cal 130 • Total fat 14g • Sat fat 10g • Trans fat 0g • Cholest 0mg • Sodium 90mg • Total carb 24g • Fiber 1g • Sugars 17g • Protein 4g

Contains: milk, wheat, peanut, tree nuts, soy bean, gluten

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information is available upon request.

Kale & Quinoa Salad

Kale, quinoa, lemon juice, olive oil, garlic and mustard dressing

  **Cal 50**

Serv Size: 1 OZ (28g) • Fat cal 25 • Total fat 3g • Sat fat 0g • Trans fat 0g • Cholest 0mg • Sodium 90mg • Total carb 5g • Fiber <1g • Sugars <1g • Protein 1g

Contains: mustard

Macaroni Salad

Elbow macaroni with celery, green onions, red peppers and pickle relish in a creamy salad dressing

 **Cal 240**

Serv Size: 1 EA (150g) • Fat cal 80 • Total fat 9g • Sat fat 2g • Trans fat 0g • Cholest 0mg • Sodium 660mg • Total carb 36g • Fiber 2g • Sugars 5g • Protein 5g

Contains: eggs, wheat, soy bean, gluten, mustard

Mediterranean Penne Pasta Salad

Penne with baby spinach, sundried tomatoes and artichoke hearts seasoned with fresh oregano and balsamic vinaigrette

 **Cal 240**

Serv Size: 1 EA (147g) • Fat cal 80 • Total fat 9g • Sat fat 2g • Trans fat 0g • Cholest 0mg • Sodium 550mg • Total carb 32g • Fiber 5g • Sugars 9g • Protein 6g

Contains: wheat, gluten

Strawberry Shortcake Sweet Shot

Layers of vanilla cake, vanilla mousse, fresh strawberries and whipped topping

  **Cal 150**

Serv Size: 1 EA (84g) • Fat cal 60 • Total fat 7g • Sat fat 6g • Trans fat 0g • Cholest 0mg • Sodium 95mg • Total carb 20g • Fiber <1g • Sugars 15g • Protein 2g

Contains: milk, eggs, wheat, tree nuts, soy bean, gluten

Reduced Fat Chicken Salad

House made chicken salad with all white meat chicken, cholesterol free mayonnaise, celery, salt and pepper

Cal 230

Serv Size: 1 4 OZ (113g) • Fat cal 120 • Total fat 13g • Sat fat 3g • Trans fat 0g • Cholest 55mg • Sodium 560mg • Total carb 7g • Fiber 0g • Sugars 3g • Protein 20g

Contains: eggs, soy bean, mustard

Reduced Fat Tuna Salad

Reduced fat tuna salad with cholesterol free mayonnaise, celery and pepper

Cal 160

Serv Size: 1 4 OZ (113g) • Fat cal 80 • Total fat 9g • Sat fat 2g • Trans fat 0g • Cholest 30mg • Sodium 520mg • Total carb 5g • Fiber 0g • Sugars 2g • Protein 14g

Contains: eggs, fish, soy bean, mustard

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6" Mediterranean Veggie Sub

Hummus layered with shredded lettuce, baby spinach and roasted balsamic vegetables on a 6" sub roll



Cal 320

Serv Size: 1 SANDWICH (226g) • Fat cal 80 • Total fat 9g • Sat fat 2g • Trans fat 0g • Cholest 0mg • Sodium 580mg • Total carb 50g • Fiber 4g • Sugars 6g • Protein 10g
Contains: wheat, soy bean, gluten

Chicken Parmigiana Panini

Crispy chicken, provolone and parmesan cheeses with fresh basil on griddled panini bread. Served with marinara sauce

Cal 850

Serv Size: 1 SANDWICH (311g) • Fat cal 480 • Total fat 54g • Sat fat 24g • Trans fat 1g • Cholest 130mg • Sodium 2770mg • Total carb 58g • Fiber 4g • Sugars 2g • Protein 35g
Contains: milk, eggs, wheat, soy bean, gluten

Philly-style Cheesesteak

Grilled beef steak topped with onions and American cheese on a hoagie roll

Cal 390

Serv Size: 1 SANDWICH (200g) • Fat cal 140 • Total fat 16g • Sat fat 9g • Trans fat 0g • Cholest 55mg • Sodium 1120mg • Total carb 40g • Fiber 1g • Sugars 3g • Protein 21g
Contains: milk, wheat, soy bean, gluten

Strawberry Shortcake Sweet Shot

Layers of vanilla cake, vanilla mousse, fresh strawberries and whipped topping



Cal 150

Serv Size: 1 EA (84g) • Fat cal 60 • Total fat 7g • Sat fat 6g • Trans fat 0g • Cholest 0mg • Sodium 95mg • Total carb 20g • Fiber <1g • Sugars 15g • Protein 2g
Contains: milk, eggs, wheat, treenuts, soy bean, gluten

Turkey Avocado Sandwich

Thinly sliced turkey breast, Monterey jack cheese, red leaf lettuce and avocado with lemon aioli on multigrain bread

Cal 390

Serv Size: 1 SANDWICH (192g) • Fat cal 190 • Total fat 21g • Sat fat 5g • Trans fat 0g • Cholest 50mg • Sodium 890mg • Total carb 31g • Fiber 5g • Sugars 4g • Protein 24g
Contains: milk, eggs, wheat, soy bean, gluten, mustard

Ancho Lime Chicken Breast

Baked ancho lime chicken breast



Cal 150

Serv Size: 1 EA (85g) • Fat cal 35 • Total fat 4g • Sat fat 1g • Trans fat 0g • Cholest 70mg • Sodium 100mg • Total carb 0g • Fiber 0g • Sugars 0g • Protein 26g

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Ancho Lime Dressing

Heavy toasted Ancho pepper notes with a touch of lime juice in a ranch base

 **Cal 150**

Serv Size: 1 2 TBSP (28g) • Fat cal 150 • Total fat 17g • Sat fat 3g • Trans fat 0g • Cholest 10mg • Sodium 150mg • Total carb 2g • Fiber 0g • Sugars <1g • Protein <1g

Contains: milk, eggs, soy bean

Chipotle Lime Mayonnaise

 **Cal 100**

Serv Size: 1 TBSP (17g) • Fat cal 100 • Total fat 11g • Sat fat 2g • Trans fat 0g • Cholest 10mg • Sodium 70mg • Total carb <1g • Fiber 0g • Sugars 0g • Protein 0g

Contains: eggs, soy bean, mustard

Chipotle Roasted Garlic Aioli

Garlic aioli blended with adobo chipotle peppers

 **Cal 170**

Serv Size: 1 2 TBSP (30g) • Fat cal 160 • Total fat 18g • Sat fat 3g • Trans fat 0g • Cholest 15mg • Sodium 115mg • Total carb 2g • Fiber 0g • Sugars <1g • Protein 0g

Contains: eggs, soy bean, mustard

Strawberry Shortcake Sweet Shot

Layers of vanilla cake, vanilla mousse, fresh strawberries and whipped topping

  **Cal 150**

Serv Size: 1 EA (84g) • Fat cal 60 • Total fat 7g • Sat fat 6g • Trans fat 0g • Cholest 0mg • Sodium 95mg • Total carb 20g • Fiber <1g • Sugars 15g • Protein 2g

Contains: milk, eggs, wheat, tree nuts, soy bean, gluten

Quinoa Tabbouleh Salad

Quinoa, ripe tomatoes, fresh mint, Italian parsley, fresh lemon juice and olive oil

  **Cal 35**

Serv Size: 1 OZ (28g) • Fat cal 10 • Total fat 2g • Sat fat 0g • Trans fat 0g • Cholest 0mg • Sodium 0mg • Total carb 5g • Fiber <1g • Sugars <1g • Protein 1g

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