

ITEM NAME	CAL.	SERV. SZ.	
HERB ROASTED POTATO	130	4	OZ
GRILLED ASPARAGUS	59	4	OZ
ARTICHOKE LEMON FRITTERS	141	4	OZ
GRILLED VEGETABLES	41	4	OZ
BACON & CHEDDAR TWICE BAKED POTATO	300	4	OZ
SPINACH, CRANBERRY, & BUTTERNUT SQUASH	53	4	OZ
CINNAMON ROASTED BUTTERNUT SQUASH	103	4	OZ
ROASTED BRUSSEL SPROUTS	86	4	OZ
CREOLE CHICKEN SALAD	292	4	OZ
LARGE MEATBALLS- LB	342	4	OZ
HONEY & CHIPOTLE GLAZED PORK CHOPS- LB	259	4	OZ
DELI CILANTRO LIME CHICKEN- LB	422	4	OZ
CHICKEN SCALLOPINI	377	4	OZ
GRILLED ROSEMARY CHICKEN	251	4	OZ
TURKEY MEATLOAF FLORENTINE	165	4	OZ
ASPARAGUS SALAD	107	4	OZ
BALSAMIC GLAZED BEETS	70	4	OZ
GREEN BEAN ALMANDINE	231	4	OZ
ROASTED ROOT VEGETABLE	91	4	OZ
SMOKED MOZZARELLA PASTA SALAD	280	4	OZ
GRILLED SALMON	225	4	OZ
SESAME CRUSTED TUNA	559	4	OZ
BLACKENED CATFISH	135	4	OZ
LEMON HERB CHICKEN	226	4	OZ
ZUCCHINI CHICKPEA QUINOA	461	4	OZ
HERB SALMON	201	4	OZ
LEMON CAPER SHRIMP	102	4	OZ
PECAN CRUSTED CATFISH	358	4	OZ
JAMBALAYA STUFFED BELL PEPPER	364	1	ea
TERIYAKI SWEET POTATO	50	4	OZ
HERB ROASTED TURKEY	621	4	OZ
RAPINI W/ ROASTED GARLIC	172	4	OZ
BLACKENED CHICKEN SALAD	182	4	OZ
BUTTERNUT SQUASH QUINOA	279	4	OZ
COUSCOUS PRIMAVERA	305	4	OZ
EMERALD SESAME KALE	151	4	OZ
SUMMER QUINOA SALAD	223	4	OZ
TARRAGON CHICKEN SALAD	292	4	OZ
BROCCOLI CHEDDAR CAKES	430	4	OZ
BROCCOLI SALAD	277	4	OZ
BASIL, BOWTIE, & PESTO PASTA	249	4	OZ
CHICKEN, BACON, & RANCH PASTA SALAD	249	4	OZ
SUPER FOOD SALAD	170	4	OZ
GREEK ORZO PASTA SALAD	294	4	OZ

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