





# Nutrition Facts





One Serving Size:

Calories:





## Protein

<b>Chicken Teriyaki</b>	Contains: Soy    Made without gluten	230
<b>Beef Stir-Fry</b>	Contains: Wheat, Gluten, Sesame, Soy	230
  <b>Crispy Orange Sesame Tofu</b>	Contains: Wheat, Gluten, Sesame, Soy	240



## Starches

  <b>White Rice</b>	Made without gluten	100
  <b>Vegetable Lo Mein</b>	Contains: Wheat, Gluten, Egg, Soy	210

## Vegetables

  <b>Garlic Broccoli</b>	Made without gluten	20
  <b>Gochujang Roasted Vegetables</b>	Contains: Sesame, Soy    Made without gluten	60

## Other

  <b>Egg Roll</b>	Contains: Wheat, Gluten, Soy, Sesame	120
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- Halal Certified



- Vegetarian



- Vegan

2,000 calories a day is used for general nutrition advice.

# Soup & Salad

## Nutrition Facts

One Serving Size:

Calories:


### Soup

 <b>Tomato Bisque Soup</b>	Contains: Milk      Made without gluten	200
 <b>Loaded Baked Potato</b>	Contains: Milk      Made without gluten	220
<b>Chicken Noodle Soup</b>	Contains: Wheat, Eggs, Gluten	120
<b>Beef &amp; Barley Soup</b>	Contains: Fish, Gluten, Soy	120
 <b>Broccoli Cheddar Soup</b>	Contains: Milk, Soy      Made without gluten	240

### Salad

 <b>Asiago Caesar Salad</b>	Contains: Wheat, Gluten, Milk, Fish, Eggs	130
 <b>Tortellini Pesto Salad</b>	Contains: Wheat, Gluten, Milk, Eggs	220
 <b>Garden Salad w/ Poppy</b>	Contains: Eggs      Made without gluten	100
 <b>Cranberry, Walnut, Spinach, &amp; Goat Cheese</b>		160
<b>Salad w/ Balsamic Vinaigrette:</b>	Contains: Tree Nuts(Walnut), Milk	

### Side

  <b>Dinner Roll</b>	Contains: Wheat, Gluten	140
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## Potatoes

**Chicken Bacon Ranch** Contains: Egg, Milk Made without gluten 990

**Buffalo Chicken** Contains: Milk Made without gluten 940

**Steak & Cheese** Contains: Milk Made without gluten 760

**Beef & Broccoli** Contains: Wheat, Gluten, Soy 580



**Chili & Cheese** Contains: Milk Made without gluten 680

## Substitutes

**Vegan Chicken** Contains: Egg, Milk Made without gluten 990

940

760

580

680

**Chicken Bacon Ranch Potato: 990 kcal - contains: eggs, milk**

**Buffalo Chicken Potato: 940 kcal - contains: milk**

**Steak & Cheese Potato: 760 kcal - contains: milk**

**Beef & Broccoli Potato: 580 kcal - contains: wheat, gluten, soy**

**Chili & Cheese Potato: 680 kcal - contains: milk (veg)**



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# Sandwiches

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One Serving Size:

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## Sandwiches

<b>Shredded BBQ Chicken Sandwich</b>	Contains: Wheat, Gluten, Sesame	550
<b>BBQ Pulled Pork Sandwich</b>	Contains: Wheat, Gluten, Sesame	560
 <b>Vegan BBQ Chiken Sandwich</b>	Contains: Wheat, Gluten, Sesame, Soy	530

## Sides

 <b>Macaroni Salad</b>	Contains: Wheat, Gluten, Egg	300
 <b>Coleslaw</b>	Contains: Egg      Made without gluten	140
 <b>Roasted Broccoli &amp; Cauliflower</b>	Made without gluten	130
 <b>Corn on the Cobb</b>	Contains: Milk, Soy	150
 <b>Homemade Potato Chips</b>	Made without gluten	250
 <b>Dill Pickle</b>		5



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## Baked Pasta

	<b>Bolognese Baked Ziti</b>	Contains: Wheat, Gluten, Egg, Milk, Pork	700
	<b>Chicken Alfredo Gnocchi Bake</b>	Contains: Wheat, Gluten, Milk	460
	<b>Roasted Brussell Sprouts w/ Garlic</b>	Contains: Milk	45
	<b>Cheese Stuffed Shells</b>	Contains: Wheat, Gluten, Milk, Eggs, Sesame	430
	<b>Italian Green Beans</b>		120
	<b>Focaccia</b>	Contains: Wheat, Gluten, Milk	200



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