

Fox & Fell Monday Dinner 4/15/24

Soups

Beef Noodle Soup ~ Sm. \$1.60 Lg. \$2.65

Beef stew meat, pepper, oil, onion, celery, beef stock, egg noodles

3/4 CUP = 60 Calories 6g Protein 2g Fat 0g Sat Fat 310mg Sodium 4g Carb 0g Fiber

Tomato Basil Soup ~ Sm. \$1.60 Lg. \$2.65

Tomato juice, onion, bay leaf, pepper, sugar, baking soda, butter, flour, 2%, basil

3/4 cup = 90 Calories 4g Protein 4.5g Fat 3g Sat Fat 300mg Sodium 10g Carb 0g Fiber

Salads

Salad Bar Sm. \$2.40 Lg. \$3.95

Curried Cauliflower Salad ~ \$2.40 GF VG

cashews, chickpeas, cauliflower, sweet potato, oil, curry powder, chili powder, turmeric, raisins, cilantro, greek yogurt, lemon juice, maple syrup, cumin, garlic

1/2 CUP = 370 Calories 11g Protein 19g Fat 4g Sat Fat 190mg Sodium 45g Carb 8g Fiber

Entrees

Vegan Shepard's Pie ~ \$4.65 GF VG V

Potato, vegan butter, nondairy milk, nutritional yeast, garlic, pepper, oil, onion, mushrooms, tomato, parsley, rosemary, thyme, GF flour, lentils, mixed vegetables, vegetable broth

1 serving = 460 Calories 20g Protein 11g Fat 2g Sat Fat 110mg Sodium 76g Carb 18g Fiber

Stuffed Sole ~ \$5.60

Sole, scallops, crab

5 oz = 250 Calories 16g Protein 12g Fat 3g Sat Fat 680mg Sodium 20g Carb 0g Fiber

Veal Marsala ~ \$5.60 GF

Mushrooms, butter, veal, marsala wine, chicken stock, parsley, salt, pepper

5 oz = 199 Calories 22g Protein 9g Fat 4g Sat Fat 120mg Sodium 2g Carb 1g Fiber

Sides

Baked Potato ~ \$1.30 GF

1/2 CUP = 190 Calories 5g Protein 2.5g Fat 1g Sat Fat 25mg Sodium 38g Carb 4g Fiber

Roasted Brussels Sprouts ~ \$1.30 GF

Brussels sprouts, olive oil, pepper

1/2 CUP = 80 Calories 3g Protein 5g Fat 1g Sat Fat 25mg Sodium 8g Carb 3g Fiber

Steamed Corn ~ \$1.30 GF

1/2 CUP = 80 Calories 3g Protein .5g Fat 0g Sat Fat 0mg Sodium 19g Carb 2g Fiber

Dessert

Pistachio Ricotta Cake ~ \$2.35

1 serving = 0 Calories 0 g Protein 0g Fat 0g Sat Fat 0mg Sodium 0g Carb 0g Fiber

Mandarin Oranges~ \$1.05

1/2 CUP = 42 Calories 0.7g Protein 0.03g Fat 0.003g Sat Fat 6mg Sodium 11g Carb 0.8g Fiber

Fox & Fell Tuesday Dinner 4/16/24

Soups

Chicken Gnocchi Soup~ Sm. \$1.60 Lg. \$2.65

Chicken breast, celery onion, garlic, carrots, oil, chicken broth, thyme, gnocchi, half and half, spinach

3/4 cup = 660 Calories 51g Protein 23g Fat 11g Sat Fat 280mg Sodium 61g Carb 4g Fiber

Italian Vegetable Soup ~ Sm. \$1.60 Lg. \$2.65 VG GF

Oil, onion, oregano, garlic, squash, zucchini, corn, tomato, vegetable broth, white beans, swiss chard, pepper, parmesan on the side

3/4 CUP = 200 Calories 9g Protein 2g Fat 0g Sat Fat 370mg Sodium 41g Carb 11g Fiber

Salads

Salad Bar Sm. \$2.40 Lg. \$3.95

Orange Radicchio Salad ~ \$2.40 VG GF

Radicchio, orange, green onion, pecans, salt, pepper, sumac, maple syrup, dijon

1 CUP = 140 Calories 2g Protein 10g Fat 1g Sat Fat 190mg Sodium 12g Carb 3g Fiber

Entrees

Chicken Madeira ~ \$5.20 GF PLAIN CHICKEN AVAILABLE

Chicken breasts, asparagus, butter, oil, mushrooms, onion, garlic, parsley, madeira wine, chicken stock, heavy cream, mozzarella

1 serving = 680 Calories 41g Protein 36 Fat 18g Sat Fat 440mg Sodium 28g Carb 3g Fiber

Meat Lasagna ~ \$5.60

Ground beef, basil, oregano fennel seed, crushed red pepper, marinara sauce, parsley, lasagna noodles, ricotta cheese, egg, provolone, mozzarella, parmesan

1 serving = 530 Calories 40g Protein 29g Fat 14g Sat Fat 550mg Sodium 24g Carb 3g Fiber

Creamy Mushroom Tortellini ~ \$4.65 GF VG

GF cheese tortellini, mushrooms, oil, butter, garlic, white wine, heavy cream, parmesan

1 serving = 640 Calories 16g Protein 48g Fat 26g Sat Fat 530mg Sodium 38g Carb 3g Fiber

SIDES

Mushroom Risotto ~ \$1.30 VG

Vegetable broth, oil, mushrooms, shallots, rice, white wine, butter, chives, parmesan, pepper

1/2 CUP = 210 Calories 6g Protein 13g Fat 5g Sat Fat 170mg Sodium 19g Carb 3g Fiber

Roasted Cauliflower ~ \$1.30 GF VG

Soy sauce, oil, sugar, pepper, cauliflower

1/2 CUP = 40 Calories 3g Protein 1.5g Fat 0g Sat Fat 350mg Sodium 6g Carb 2g Fiber

Roasted Zucchini ~ \$1.30 GF VG

Zucchini, oil, salt, pepper

1/2 CUP = 35 Calories 2g Protein 1.5g Fat 0g Sat Fat 5mg Sodium 5g Carb 2g Fiber

Desserts

Mixed Melons ~ \$1.70 GF VG

1 CUP = 59 Calories 1.19g Protein 0.29g Fat 0.05g Sat Fat 13mg Sodium 15g Carb 1.1g Fiber

Lemon Cream Cake ~ \$2.35

1 slice = 279 Calories 3.28g Protein 10.64g Fat 5.733g Sat Fat 269mg Sodium 40.95g Carb 0g Fiber

Fox & Fell Wednesday Dinner 4/17/24

Soups

Broccoli Cheddar Soup~ Sm. \$1.60 Lg. \$2.65 GF VG

Butter, onion, garlic, cornstarch, vegetable broth, pepper, paprika, broccoli, carrots, half and half, cheddar cheese

3/4 CUP = 460 Calories 20g Protein 32g Fat 19g Sat Fat 570mg Sodium 25g Carb 5g Fiber

Gumbo ~ Sm. \$1.60 Lg. \$2.65 DF

Pork, chicken, celery, bell pepper, onion, garlic, okra, scallions, tomato, cornstarch, chicken stock, bay leaf, oregano, thyme, basil, rice

3/4 CUP = 250 Calories 18g Protein 11g Fat 3.5g Sat Fat 630mg Sodium 21g Carb 1g Fiber

Salads

Salad Bar Sm. \$2.40 Lg. \$3.95

Chopped Cobb Salad~ \$2.40

Mixed greens, chicken, avocado, tomato, egg, bacon, blue cheese

½ cup = 230 Calories 18g Protein 15g Fat 3.5g Sat Fat 125mg Sodium 7g Carb 4g Fiber

Entrees

Shrimp Etouffee ~ \$5.60 DF

Oil, flour, celery, green pepper, jalapeno, onion, garlic, shrimp stock, cajun seasoning, celery seed, paprika, shrimp, green onion

1 serving = 400 Calories 37g Protein 18g Fat 2g Sat Fat 1820mg Sodium 24g Carb 5g Fiber

Greek Roasted Chicken ~ \$5.20 GF DF

Chicken leg quarters, lemon juice, oregano, garlic, oil

1 serving = 400 Calories 44g Protein 23g Fat 5g Sat Fat 180mg Sodium 1g Carb 0g Fiber

Vegetarian Jambalaya over Rice~ \$4.65 GF VG DF

Oil, onion, celery, bell pepper, garlic, Cajun seasoning, bay leaf, thyme, tomato, kidney beans, Worcestershire, rice, vegetable broth

1 serving = 200 Calories 8g Protein 6g Fat .5g Sat Fat 560mg Sodium 32g Carb 7g Fiber

Sides

Okra & Tomatoes ~ \$1.30 GF VG

Okra, tomato, oregano, salt, pepper

1/2 CUP = 25 Calories 2g Protein 0g Fat 0g Sat Fat 10mg Sodium 5g Carb 3g Fiber

Brown Rice ~ \$1.30 GF VG

1/2 CUP = 30 Calories 1g Protein 0g Fat 0g Sat Fat 0mg Sodium 7g Carb 1g Fiber

Roasted Broccoli ~ \$1.30 GF

Broccoli, oil, garlic, salt, pepper, parmesan

1/2 CUP = 170 Calories 5g Protein 12g Fat 2g Sat Fat 390mg Sodium 14g Carb 6g Fiber

Desserts

Broiled Pineapple~\$1.70

1 EACH = 29 Calories 0.21g Protein 0.04g Fat 0.003g Sat Fat 0mg Sodium 8g Carb 0.4g Fiber

Coconut Cheesecake ~ \$4.25

1 SLICE = 228 Calories 1.61g Protein 12.71g Fat 5.34g Sat Fat 156mg Sodium 29g Carb 1g Fiber

Fox & Fell Thursday Dinner 4/18/24

Soups

Lemon Chicken Orzo Soup ~ Sm. \$1.60 Lg. \$2.65 DF

Celery, carrots, oil, garlic, cornstarch, chicken stock, Italian seasoning, chicken, orzo, lemon juice, parsley, pepper

3/4 cup = 400 Calories 45g Protein 8g Fat 2g Sat Fat 480mg Sodium 35g Carb 2g Fiber

Garden Vegetable Soup ~ Sm. \$1.60 Lg. \$2.65 GF VG DF

Oil, onion, garlic, tomato, vegetable broth, carrots, celery, zucchini, oregano, basil, pepper, cornstarch

3/4 CUP = 45 Calories 1g Protein 2g Fat 0g Sat Fat 25mg Sodium 6g Carb 2g Fiber

Salads

Salad Bar Sm. \$2.40 Lg. \$3.95

Harvest Quinoa Salad~ \$2.40 GF

Butternut squash, avocado oil, pepper, kale, apple, celery, onion, feta cheese, pumpkin seeds, pecans, pomegranate seeds, apple cider vinegar, maple syrup, Dijon, garlic

1/2 CUP = 280 Calories 5g Protein 20g Fat 3.5g Sat Fat 200mg Sodium 24g Carb 6g Fiber

CONTAINS NUTS

Entrees

Glazed Meatloaf ~ \$5.60 GF DF

Ground beef, GF panko, 2%, egg, salt, onion, pepper, cayenne, brown sugar, mustard, ketchup, nutmeg

1 serving = 270 Calories 23g Protein 15g Fat 6g Sat Fat 390mg Sodium 9g Carb 0g Fiber

General Tso Chicken ~ \$5.20

Tempura chicken, general tso sauce

6 oz = 264 Calories 16g Protein 11g Fat 1g Sat Fat 816mg Sodium 24g Carb 1g Fiber

Pierogi Casserole ~ \$4.65

Onion, butter, cottage cheese, egg, onion salt, mashed potatoes, cheddar cheese, pepper, lasagna noodles, chives

1 serving = 170 Calories 9g Protein 10g Fat 5g Sat Fat 380mg Sodium 11g Carb 1g Fiber

Sides

Garlic Red Skin Mashed Potatoes ~ \$1.30

Red bliss potatoes, garlic, butter, half & half

1/2 CUP = 210 Calories 3g Protein 12g Fat 8g Sat Fat 20mg Sodium 23g Carb 2g Fiber

Herb Roasted Beets ~ \$1.30

Beets, oil, mixed herbs, pepper, rosemary

1/2 CUP = 140 Calories 3g Protein 8g Fat 1.5g Sat Fat 95mg Sodium 17g Carb 6g Fiber

Steamed Broccoli ~ \$1.30

1/2 CUP = 140 Calories 4g Protein 11g Fat 2g Sat Fat 110mg Sodium 9g Carb 4g Fiber

Desserts

Fresh Blueberries~ \$1.70

1/2 CUP = 81 Calories 1.05g Protein 0.47g Fat 0.04g Sat Fat 1mg Sodium 21g Carb 3.4g Fiber

Peach Berry Cobbler ~ \$2.00 GF

Blueberries, peaches and juice, cornstarch, sugar, lemon juice, butter, rice chex, sugar, baking powder, salt, 2% milk, nutmeg

½ cup = 169 Calories 1.68g Protein 4.83g Fat 1.974g Sat Fat 185mg Sodium 31g Carb 1.2g Fiber

Fox & Fell Friday Dinner 4/19/24

Soups

Ham & Lentil Soup ~ Sm. \$1.60 Lg. \$2.65 GF DF

carrots, veggie broth, lentils, ham, garlic, cumin, thyme, bay leaf, pepper, pepper, old bay, onion powder

3/4 cup = 430 Calories 36g Protein 13g Fat 4g Sat Fat 150mg Sodium 44g Carb 8g Fiber

Cream of Parsnip Soup ~ Sm. \$1.60 Lg. \$2.65 GF VG V DF

Leeks, oil, garlic, parsnips, vegetable broth, soy milk, pepper, parsley, old bay, onion, bay, thyme, pepper, salt

3/4 CUP = 220 Calories 9g Protein 3.5g Fat 8g Sat Fat 125mg Sodium 41g Carb 7g Fiber

Salads

Salad Bar Sm. \$2.40 Lg. \$3.95

Sesame Brussel Slaw ~ \$2.40

Brussels sprouts, bell pepper, carrot, scallion, peanut, sesame seed, sesame dressing

1 CUP = 260 Calories 10g Protein 17g Fat 2.5g Sat Fat 220mg Sodium 23g Carb 8g Fiber

Entrees

Fisherman's Platter ~ \$5.60

Breaded perch, battered shrimp, battered clams, hushpuppies

1 platter = 410 Calories 16g Protein 17g Fat 2.5g Sat Fat 910mg Sodium 49g Carb 3g Fiber

Black Pepper Tofu ~ \$4.65 GF VG

Yofu, cornstarch, oil, soy sauce, sugar, pepper, ginger, cloves, shallot, fresno pepper, onion

1/2 CUP = 540 Calories 19g Protein 30g Fat 6g Sat Fat 290mg Sodium 86g Carb 38g Fiber

Balsamic Red Wine Chicken Thigh ~ \$5.20 GF

Onion, garlic, oil, rosemary, pepper, chicken thigh, balsamic vinegar, red wine, brown sugar

1 serving = 330 Calories 28g Protein 18g Fat 5g Sat Fat 210mg Sodium 13g Carb 1g Fiber

Sides

Rosemary Roasted Potatoes~ \$1.30 GF VG

Red potatoes, olive oil, pepper, garlic, rosemary

1/2 CUP = 220 Calories 4g Protein 7g Fat 1g Sat Fat 20mg Sodium 35g Carb 4g Fiber

Green Beans Almondine ~ \$1.30 GF VG

Green beans, butter, almonds, shallots, garlic, lemon, pepper

1/2 CUP = 140 Calories 4g Protein 9g Fat 4g Sat Fat 10mg Sodium 13g Carb 4g Fiber

Roasted Butternut Squash ~ \$1.30 GF VG

Butternut squash, oil, salt, pepper

1/2 CUP = 90 Calories 1g Protein 4.5g Fat .5g Sat Fat 10mg Sodium 14g Carb 4g Fiber

Desserts

Seasonal Berries ~ \$1.70 GF VG

1/2 CUP = 61 Calories 0.64g Protein 0.44g Fat 0.034g Sat Fat 2mg Sodium 15g Carb 3.5g Fiber

Harvest Berry Pie ~ \$3.30

1 each Calories Protein g Fat g Sat Fat mg Sodium g Carb g Fiber

Fox & Fell Saturday Dinner 4/20/24

Soups

Salmon Stew ~ Sm. \$1.60 Lg. \$2.65 GF

Onion, bacon, cornstarch, white pepper, thyme, rosemary, celery, Worcestershire, tabasco,
2% milk, potato, salmon

3/4 CUP = 130 Calories 8g Protein 4.5g Fat 2g Sat Fat 95mg Sodium 14g Carb 1g Fiber

Mushroom Barley Soup~ Sm. \$1.60 Lg. \$2.65 VG DF

Oil, celery, onion, pepper, mushroom, barley, vegetable broth

3/4 CUP = 15 Calories 0g Protein .5g Fat 0g Sat Fat 15mg Sodium 2g Carb 1g Fiber

Salads

Salad Bar Sm. \$2.40 Lg. \$3.95

Sensational Lobster Pasta Salad ~ \$2.40

Lobster sensation, celery, mayo, Greek yogurt, chives, onion, celery salt, cavatappi pasta

1 serving = 250 Calories 28g Protein 6g Fat 1g Sat Fat 500mg Sodium 20g Carb 1g Fiber

Entrees

Lamb Koftas w/Mint Yogurt Sauce ~ \$5.60

Lamb, onion, panko, garlic, cilantro, flatbread, cabbage, carrot, mint, lemon juice, oil, pepper,
cumin, coriander, paprika, cayenne, Greek yogurt

1 each = 360 Calories 21g Protein 12g Fat 4.5g Sat Fat 430mg Sodium 41g Carb 2g Fiber

Sundried Tomato & Artichoke Stuffed Chicken ~ \$5.20

Garlic, artichoke, sundried tomatoes, basil, parmesan, salt, pepper, chicken breast

1 serving = 210 Calories 9g Protein 2g Fat 1g Sat Fat 450mg Sodium 39g Carb 10g Fiber

Vegetable Lasagna ~ \$4.65 VG

Oil, onion, carrot, bell pepper, zucchini, spinach, marinara, cottage cheese, pepper, lasagna
noodles, mozzarella

1 serving = 370 Calories 23g Protein 18g Fat 8g Sat Fat 630mg Sodium 28g Carb 4g Fiber

Sides

Mediterranean Roasted Vegetables ~ \$1.30

Eggplant, zucchini, bell pepper, onion, tomato, lemon juice, oil, balsamic, garlic, basil,
oregano, thyme, pepper, parsley

1/2 CUP = 130 Calories 3g Protein 8g Fat 1g Sat Fat 10mg Sodium 16g Carb 4g Fiber

Roasted Roma Tomatoes ~ \$1.30 GF VG

Tomato, oil, garlic, parsley, basil, oregano, feta cheese, pepper

1/2 CUP = 310 Calories 7g Protein 27g Fat 8g Sat Fat 360mg Sodium 11g Carb 2g Fiber

Basmati Rice ~ \$1.30

1/2 CUP = 60 Calories 1g Protein 0g Fat 0g Sat Fat 10mg Sodium 14g Carb 0g Fiber

Desserts

Pineapple ~ \$1.70

½ CUP = 73 Calories .51g Protein .10g Fat 0.008g Sat Fat 1mg Sodium 18.99g Carb 1g Fiber

German Chocolate Cake~ \$2.35

CONTAINS NUTS

Chocolate chips, vanilla flavoring, butter, sugar, egg yolks, flour, salt, baking soda,
buttermilk, egg whites, evaporated milk, chopped nuts, coconut flake

SQ2X3 = 350 Calories 3.67g Protein 19.18g Fat 7.811g Sat Fat 236mg Sodium 43g Carb 1.4g Fiber

Fox & Fell Sunday Brunch 4/21/24

Soups

New England Clam Chowder ~ Sm. \$1.60 Lg. \$2.65 GF

Potato, onion, bacon, cornstarch, bay leaves, old bay, white pepper, 2%, Clams
3/4 CUP = 180 Calories 13g Protein 6g Fat 3.5g Sat Fat 430mg Sodium 18g Carb 1g Fiber

Red Pepper Bisque ~ Sm. \$1.60 Lg. \$2.65 GF

Red Peppers, onion, vegetable broth, coconut milk, white pepper, Italian seasoning
3/4 CUP = 310 Calories 8g Protein 24g Fat 19g Sat Fat 330mg Sodium 19g Carb 3g Fiber

Salads

Salad Bar Sm. \$2.40 Lg. \$3.95

Antipasto Salad ~ \$2.40 GF

Broccoli, ham, salami, mozzarella, onion, olives, sweet peppers, Italian dressing
1/2 CUP = 180 Calories 11g Protein 12g Fat 3.5g Sat Fat 720mg Sodium 7g Carb 1g Fiber

Entrees

Crab & Shrimp Cake ~ \$5.60

Shrimp, crab, egg, Dijon, pepper, breadcrumbs, oil
1 each = 110 Calories 14g Protein 2.5g Fat .5g Sat Fat 560mg Sodium 7g Carb 1g Fiber

Chicken Piccata ~ \$5.20 GF

Chicken, pepper, egg, gf panko, oil, butter, lemon, white wine, parsley, cornstarch
1 serving = 680 Calories 39g Protein 25g Fat 13g Sat Fat 370mg Sodium 67g Carb 7g Fiber

Asparagus Roquefort Crepes~ \$4.65 VG

Asparagus, bleu cheese, swiss cheese, crepe
2 EACH = 250 Calories 17g Protein 17g Fat 11g Sat Fat 380mg Sodium 8g Carb 2g Fiber

Sides

Scalloped Potatoes ~ \$1.30

Potatoes, butter, 2% milk, GF panko
1/2 CUP = 120 Calories 4g Protein 4g Fat 2.5g Sat Fat 45mg Sodium 17g Carb 1g Fiber

Green Beans ~ \$1.30 VG GF

1/2 CUP = 40 Calories 2g Protein 0g Fat 0g Sat Fat 0mg Sodium 9g Carb 4g Fiber

Steamed Cauliflower ~ \$1.30 GF

1/2 CUP = 40 Calories 3g Protein 1.5g Fat 0g Sat Fat 350mg Sodium 6g Carb 2g Fiber

Spinach & Cheese Strata ~ \$1.30

Spinach, butter, yellow, garlic, white bread, gruyere, parmesan, egg, half and half, Dijon, pepper, nutmeg
1/2 CUP = 590 Calories 27g Protein 38g Fat 21g Sat Fat 790mg Sodium 36g Carb 4g Fiber

Bacon ~ \$1.30 GF

Sausage ~ \$1.30 GF VG

Scrambled Eggs ~ \$1.30 GF VG

Desserts

Tropical Fruit~ \$1.05

1/2 CUP = 86 Calories 0g Protein 0g Fat 0g Sat Fat 0mg Sodium 20g Carb 1g Fiber

Caramel Brownie Cheesecake~ \$4.25

1 SLICE = 376 Calories 4.86g Protein 24.30g Fat 24.3g Sat Fat 265mg Sodium 35.96g Carb 1g Fiber

Fox & Fell Sunday Supper 4/21/24

Soups

New England Clam Chowder ~ Sm. \$1.60 Lg. \$2.65

Potato, onion, bacon, butter, flour, white pepper, 2%, Clams

3/4 CUP = 180 Calories 13g Protein 6g Fat 3.5g Sat Fat 430mg Sodium 18g Carb 1g Fiber

Red Pepper Bisque ~ Sm. \$1.60 Lg. \$2.65 GF

Red Peppers, onion, vegetable broth, coconut milk, white pepper, Italian seasoning

3/4 CUP = 310 Calories 8g Protein 24g Fat 19g Sat Fat 330mg Sodium 19g Carb 3g Fiber

Salads

Salad Bar Sm. \$2.40 Lg. \$3.95

Antipasto Salad ~ \$2.40 GF VG

Cauliflower, ham, salami, bologna, mozzarella, onion, olives, sweet peppers, Italian dressing

1/2 CUP = 180 Calories 11g Protein 12g Fat 3.5g Sat Fat 720mg Sodium 7g Carb 1g Fiber

Entrees

Crab & Shrimp Cake ~ \$5.60

Shrimp, crab, egg, Dijon, pepper, breadcrumbs, oil

1 each = 110 Calories 14g Protein 2.5g Fat .5g Sat Fat 560mg Sodium 7g Carb 1g Fiber

Chicken Piccata ~ \$5.20

Chicken, pepper, flour, egg, breadcrumbs, oil, butter, lemon, white wine, parsley

1 serving = 680 Calories 39g Protein 25g Fat 13g Sat Fat 370mg Sodium 67g Carb 7g Fiber

Asparagus Roquefort Crepes~ \$4.65 VG

Asparagus, bleu cheese, swiss cheese, crepe

2 EACH = 250 Calories 17g Protein 17g Fat 11g Sat Fat 380mg Sodium 8g Carb 2g Fiber

Sides

Scalloped Potatoes ~ \$1.30

Potatoes, butter, 2% milk, GF panko

1/2 CUP = 120 Calories 4g Protein 4g Fat 2.5g Sat Fat 45mg Sodium 17g Carb 1g Fiber

Green Beans ~ \$1.30 VG GF

1/2 CUP = 40 Calories 2g Protein 0g Fat 0g Sat Fat 0mg Sodium 9g Carb 4g Fiber

Steamed Cauliflower ~ \$1.30 GF

1/2 CUP = 40 Calories 3g Protein 1.5g Fat 0g Sat Fat 350mg Sodium 6g Carb 2g Fiber

Desserts

Tropical Fruit~ \$1.05

1/2 CUP = 86 Calories 0g Protein 0g Fat 0g Sat Fat 0mg Sodium 20g Carb 1g Fiber

Caramel Brownie Cheesecake~ \$4.25

1 SLICE = 376 Calories 4.86g Protein 24.30g Fat 24.3g Sat Fat 265mg Sodium 35.96g Carb 1g Fiber