



**Note:** Nutrition values are approximations only.

**SPECIAL REQUEST:** you must order according to the special instructions listed in bold to obtain the nutrition values listed.

	Cals	Fat	Sat. Fat (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Prot (g)	Fruit/Veg (cups)
<b>Veggie Omelette</b> Made with reduced-cholesterol egg substitute and part-skim mozzarella cheese, diced onions, green peppers, tomatoes and mushrooms. Topped with ranchero sauce and part-skim mozzarella cheese. Served with fresh fruit and multigrain pancakes. Hash browns not included. <i>Analysis does not include syrup served on the side.</i>	490	16	4	70	1120*	69	5	23	20	1
<b>Cinnamon Raisin French Toast</b> Served with fresh fruit. <i>Analysis does not include syrup served on the side.</i>	370	11	2	10	530*	57	4	17	8	0.5
<b>Fruit &amp; Nut Multigrain Pancakes</b> Multigrain pancakes filled with banana slices and topped with fresh strawberries and chopped pecans. <i>Analysis does not include syrup served on the side.</i>	490	10	0	0	850*	91	7	28	10	0.5
<b>Chicken Caesar Salad - SPECIAL REQUEST</b> Romaine lettuce tossed in Caesar dressing with tomatoes, black olives, red onions, croutons and Parmesan cheese. Topped with grilled chicken strips. <b>Request dressing on the side; not included in analysis (1 Tbs. = 70 calories, 8 g fat).</b> Served with saltine crackers ( <i>not included in analysis</i> ).	380	16	3	90	1320*	25	7	6	34	3.5
<b>Garden Grand Salad</b> A bed of mixed greens topped with tomato wedges, hard-boiled egg slices, cucumbers, seasoned croutons, black olives and Cheddar cheese. Served with saltine crackers and your choice of dressing on the side ( <i>neither included in analysis</i> ). Recommended dressing: Lite Olive Oil Vinaigrette (1 Tbs. = 30 calories, 3 g fat).	350	20	7	240	580*	25	5	8	19	3.5
<b>Half Sandwich &amp; Soup</b> Reflects a half sandwich with slow-roasted, hand-carved turkey on wheat bread. <i>See separate analyses for recommended soups.</i>	290	9	1.5	40	600*	27	2	4	24	0.25
<b>Recommended Soup: Chicken Noodle Soup</b> Served with saltine crackers on the side ( <i>not included in analysis</i> ).	80	2	0.5	20	1270	10	0	1	5	0.25
<b>Recommended Soup: Vegetable Beef Soup</b> Served with saltine crackers on the side ( <i>not included in analysis</i> ).	140	7	2.5	20	760	12	3	3	8	0.25
<b>Grilled Chicken Sandwich - SPECIAL REQUEST</b> Grilled chicken breast topped with tomato slices, served on a bun. <b>Request a side of fruit (included in analysis) instead of French fries.</b>	460	16	2.5	85	1470*	46	3	11	33	1
<b>Grilled Tilapia - SPECIAL REQUEST</b> A mild, white fish seasoned and grilled. Served with a lemon wedge, tartar sauce and grilled cheese toast. <b>Request corn and rice pilaf for side dishes (included in analysis), and no cheese toast or tartar sauce.</b> <i>Analysis does not include soup/salad option; see separate analyses for recommended soups.</i>	630	20	5	85	1500*	64	2	3	47	0.5
<b>Chicken Stir-Fry Dinner Skillet - SPECIAL REQUEST</b> Grilled teriyaki chicken strips with red and green peppers, onions, carrots, broccoli and rice noodles on a bed of rice pilaf. <b>Request fruit (included in analysis) instead of pie and no cheese toast.</b> <i>Analysis does not include soup/salad option; see separate analyses for recommended soups.</i>	710	24	5	85	2630*	83	4	18	35	1.5
<b>3-Course Sirloin Steak - SPECIAL REQUEST</b> A juicy 5-oz. sirloin steak dinner served with two dinner sides and cheese toast. <b>Request corn and rice pilaf for side dishes (included in analysis), fruit (included in analysis) instead of pie, and no cheese toast.</b> <i>Analysis does not include soup/salad option; see separate analyses for recommended soups.</i>	640	22	6	55	1480*	70	3	9	38	1

\*if you request no added salt