

Items marked with this icon meet the following criteria, consistent with current dietary recommendations.

MAIN ENTRÉE

Calories: <400
Sat Fat (g): <5
Sodium (mg) <600

SIDES

Calories: <250
Sat Fat (g): <2
Sodium (mg) <250



M Roasted Red Pepper Bisque

GINGER HONEY SHRIMP **BWELL**

Garlic Fried Rice
Stir Fry Snow Peas

Breakfast Pancake

T Beef and Barley Soup **BWELL**

KAHLUA PORK

Lemon Saffron Jasmine Rice **BWELL**
Roasted Zucchini

Breakfast Monte Cristo

W CHEF'S CHOICE

BRAISED CHICKEN CACCIATORE

Penne Pasta
Braised Escarol **BWELL**

Breakfast Belgian Waffles

Th Vegetarian Minestrone **BWELL**

BEEF LASAGNA

Garlic Bread
Slow Roasted Golden Beets

Breakfast Sausage Gravy, & Biscuits

F CHEF'S CHOICE

CHIPOTLE CHICKEN W/ TAJIN AVOCADO

Ciabattini
Bib Lettuce, Tomato, Onion **BWELL**

Breakfast Ham & Cheese Scramble

DELI SPECIAL

PESTO CHICKEN SANDWICH ON CIABATTA

With Lettuce, Tomato and Provolone Cheese