

Functional FOODS: Seeds

Small in size and full of nutrition, seeds are a plant based source of protein and heart healthy, unsaturated fats.



WAKE UP SPECIALS

- M** smoked ham, cheese kolache
- T** stuffed breakfast pepper
- W** steak migas casserole
- TH** blueberry pancake
- F** blueberry overnight oats

LET'S TALK WELLNESS

NATIONAL NUTRITION MONTH: MAKE EVERY DAY MEDITERRANEAN

Incorporate seafood 2x/week. Fish such as tuna, salmon, and herring are rich in omega-3s and beneficial for heart health.

M

Soup's On Roasted Red Pepper, Smoked Turkey **FIT**

TERIYAKI CHICKEN THIGH **FIT**

Sides Steamed White Rice **FIT**; Korean Chili Green Bean **FIT**

Sides Korean Namul Carrot **FIT**

Fire It Up Cajun Chicken Burger; Spicy Vegetable Medley

Between The Bread Tomato, Basil, Fresh Mozzarella, Ciabatta **FIT**

Of the Season Shaved Fennel, Baby Arugula, Orange, Ginger **FIT**

T

Soup's On Zuppa Di Lenticchie **FIT**

TACO TUESDAY: CILANTRO LIME STEAK, FAJITA CHICKEN

Sides Fajita Vegetable **FIT**; Spanish Rice; Refried Bean; Salsa Verde

Fire It Up Steakhouse Flank Steak; Smothered Baked Potato

Between The Bread Salmon Salad, Capers, Lemon, Sandwich Thin **FIT**

Of the Season Turkey Bacon, Grape, Broccoli, Creamy Garlic Dressing **FIT**

W

Soup's On Vegetarian Minestrone **FIT**

HAND ROLLED SUSHI BY "LUCKY SUSHI"

Fire It Up Italian Turkey Burger, Pesto, Fresh Mozzarella
Parmesan Rosemary Frite

Of the Season Shredded Romaine, Tomato, Cider Vinaigrette **FIT**

TH

Soup's On Chicken Noodle Soup **FIT**

INDIAN BUTTER CHICKEN

Sides Bombay Potato; Lentil Dal; Roasted Curried Vegetable **FIT**

Sides Naan

Fire It Up Pasta Bolognese, Garlic Bread

Between The Bread Grilled Flank Steak, Black Bean Salsa, Wheat Wrap **FIT**

Of the Season Quinoa, Pepita, Sunflower Seed **FIT**

F

Soup's On Turkey Rice **FIT**

MEDITERRANEAN BROTH BOWL; LEMON HERB COD; PESTO TOFU **FIT**

Sides Israeli Couscous; Spiralized Zucchini; Roasted Eggplant

Fire It Up Salmon Burger, Wasabi Mayonnaise, Whole Wheat Bun **FIT**

Between The Bread Asian Chicken, Carrot Slaw, Sandwich Thin **FIT**

Of the Season Macaroni Salad, Cheddar, Mayonnaise **FIT**