



## In The Season

Chili, Jicama, Citrus Slaw

## LET'S TALK WELLNESS

**NATIONAL NUTRITION MONTH:  
MAKE EVERY DAY  
MEDITERRANEAN**

Enjoy our new FIT Mediterranean Broth Bowls featuring flavorful housemade broths, whole grains, fish, and lots of veggies!

**M** Roasted Tomato, Chick Pea Soup **FIT**  
**HOISIN PORK LOIN** **FIT**  
 Garlic Roasted Potatoes **FIT**  
 Roasted Honey Sesame Brussel Sprouts **FIT**

**Deli** Italian Combo **FIT**  
**Grill** BBQ Burger, Onion Rings  
**Salad** Asian Cabbage Slaw **FIT**

**T** Vegetable Orzo Parmesan Soup **FIT**  
**KOREAN TACO BAR**  
**KOREAN BEEF/ASIAN CHICKEN** **FIT**  
 Chili Lime Roasted Corn **FIT**

**Deli** Measha's Special Sandwich of The Day  
**Grill** Smoked Turkey, Swiss Grilled Cheese  
**Salad** Chili, Jicama, Citrus Slaw **FIT**

**W** Lentil Brown Rice Soup **FIT**  
**POT ROAST** **FIT**  
 Smashed Red Bliss Potatoes **FIT**  
 Garlic Roasted Green Beans **FIT**

**Deli** Chicken, Smoked Gouda, Spinach Ciabatta  
**Grill** Veggie Quesadilla  
**Salad** Farro, Arugula Salad **FIT**

**Th** Pasta E Fagioli with Sausage Soup **FIT**  
**CHICKEN CACCIATORE** **FIT**  
 Creamy Polenta  
 Roasted Eggplant **FIT**

**Deli** Ham, Brie, Apple Flatbread  
**Grill** Cajun Chicken, Pepper jack, Rye Melt  
**Salad** Tuscan Kale Caesar Salad **FIT**

**F** Turkey Noodle **FIT**  
**PIEROGI BAR**  
**W/ ALL THE TOPPINGS**  
 Steamed Broccoli **FIT**

**Deli** Chicken, Artichoke Pesto, Tomato Ciabatta **FIT**  
**Grill** Lemon Herb Salmon **FIT**  
**Salad** Minted Cucumber Tomato Salad **FIT**