

Garden Terrace Menu



Friday

Breakfast Specials

Crispy Rounds\$1.85

Soups

Clam Chowder*\$2.70

Cal 525, Fat 35g, Protein 17g, Carbs 36g, Sodium 1140mg, Dietary Fiber 2g

Gumbo Soup\$2.70

Cal 225, Fat 8g, Protein 12g, Carbs 26g, Sodium 1065mg, Dietary Fiber 3g

Entrée Specials

Nacho Bar

Meatloaf\$4.10

Cal 406, Fat 8g, Protein 17g, Carbs 13g, Sodium 888mg, Dietary Fiber 2g

Honey Mustard Salmon*\$4.60

Cal 454, Fat 30g, Protein 35g, Carbs 14g, Sodium 538mg, Dietary Fiber Trace

Sweet Corn*\$1.00

Cal 107, Fat Trace, Protein 4g, Carbs 24g, Sodium 19mg, Dietary Fiber 3g

Butternut Squash*\$1.00

Cal 107, Fat Trace, Protein 2g, Carbs 28g, Sodium 222mg, Dietary Fiber 4g

Mashed Potatoes*\$1.50

Cal 195, Fat 5g, Protein 5g, Carbs 32g, Sodium 271mg, Dietary Fiber 2g

*Indicates the menu item does not contain Gluten

Menu subject to change due to availability.

Week 4