

Garden Terrace Menu



Wednesday

Breakfast Specials

Quinoa Hash Browns\$1.85

Soups

Chicken Tortilla Soup*\$2.70

Cal 180, Fat 5g, Protein 14g, Carbs 23g, Sodium 1140mg, Dietary Fiber 3g

Lentil Soup\$2.70

Cal 300, Fat 14g, Protein 12g, Carbs 36g, Sodium 720mg, Dietary Fiber 12g

Entrée Specials

Lemon Parmesan Salmon\$4.60

Cal 290, Fat 16g, Protein 33g, Carbs 4g, Sodium 420mg, Dietary Fiber 0g

Petites with Garlic Herb Spread*\$4.60

Cal 284, Fat 19g, Protein 26g, Carbs 1g, Sodium 127mg, Dietary Fiber Trace

Cauliflower*\$1.00

Cal 57, Fat Trace, Protein 4g, Carbs 12g, Sodium 68mg, Dietary Fiber 6g

Vegetable Mix*\$1.50

Cal 39, Fat Trace, Protein 1g, Carbs 9g, Sodium 649mg, Dietary Fiber 2g

Wild Rice*\$1.50

Cal 99, Fat 1g, Protein 3g, Carbs 21g, Sodium 315mg, Dietary Fiber 1g

***Indicates the menu item does not contain Gluten**

*Menu subject to change due to availability.
Garden Terrace Grille & Deli Nutritional analysis also available on
the Intranet or a Pamphlet in the Cafe.*

Week 1