

# Garden Terrace Menu



## Wednesday

### Breakfast Specials

Quinoa Hash Browns .....\$1.85

### Soups

Chicken Curry .....\$2.70

Cal 315, Fat 14g, Protein 18g, Carbs 30g, Sodium 615mg, Dietary Fiber 3g

Broccoli Cheese Soup .....\$2.70

Cal 480, Fat 36g, Protein 17g, Carbs 23g, Sodium 1125mg, Dietary Fiber 2g

### Entrée Specials

Cod Taco\*\* .....\$4.60

Cal 277, Fat 4g, Protein 34g, Carbs 26g, Sodium 337mg, Dietary Fiber 3g

Hawaiian Ham Sliders .....\$4.10

Cal 484, Fat 16g, Protein 26g, Carbs 47g, Sodium 899mg, Dietary Fiber 3g

Roasted Vegetables\* .....\$1.50

Cal 237, Fat 17g, Protein 9g, Carbs 16g, Sodium 244mg, Dietary Fiber 5g

Asparagus\* .....\$1.00

Cal 37, Fat Trace, Protein 4g, Carbs 7g, Sodium 3mg, Dietary Fiber 3g

Basil Risotto\* .....\$1.50

Cal 316, Fat 13g, Protein 13g, Carbs 38g, Sodium 932mg, Dietary Fiber 5g

\*Indicates the menu item does not contain Gluten

\*\*Menu item contains Gluten if bread option is selected

*Menu subject to change due to availability.*

Week 4