



KNOW YOUR COLORS

GREEN

Good choice! Eat plenty of these foods.

YELLOW

Eat these foods in moderation.

RED

Rarely eat these foods.

NEW: Scroll down to view weekly nutrition of all menu items listed.

Creekside Café

Week of January 11th, 2021

Monday

BREAKFAST: **BREAKFAST HASH**
SOUPS: **DUCHESS CHEESE - ITALIAN TORTELLINI** 🍃
ENTREES: **CARAMELIZED ONION AND TOMATO QUICHE**
TEX MEX ROASTED CORN ENCHILADA BAKE 🍃
SIDES: **FIESTA POTATOES** 🍃 - **REFRIED BLACK BEANS**
ITALIAN STYLE GREEN BEANS W/ GARLIC 🍃 - **BABY CARROTS** 🍃
CHEF'S FEATURE: **BUFFALO CAULIFLOWER KALE CRUNCH SALAD**
GRILL: **ZUCCHINI CAKE GRILLED CHEESE**

Tuesday

BREAKFAST: **APPLE RAISIN FRENCH TOAST STRATA**
SOUPS: **CHICKEN NOODLE** 🍃 - **BEEF VEGETABLE** 🍃
ENTREES: **CAPRESE CHICKEN W/ BALSAMIC GLAZE** 🍃
BEEF TIPS W/ MUSHROOM AND TOMATO 🍃
SIDES: **CARAMELIZED ONION MASHED POTATOES** 🍃 - **ORANGE GLAZED BEETS**
BASIL BUTTER CAVATAPPI 🍃 - **FRESH STEAMED BROCCOLI** 🍃
CHEF'S FEATURE: **BOURBON STREET CHICKEN FAJITA**
GRILL: **SLOPPY JOE SANDWICH**

Wednesday

BREAKFAST: **BLUEBERRY WAFFLE**
(MADE TO ORDER OMELETS AT CHEF'S FEATURE STATION)
SOUPS: **STUFFED GREEN PEPPER** 🍃 - **WHITE CHICKEN CHILI**
ENTREES: **SMOTHERED CHICKEN BREAST** 🍃 - **VEGETABLE LASAGNA**
SIDES: **GARLIC MOZZARELLA TELERA ROLL** - **WILD RICE & MUSHROOM PILAF** 🍃
PARMESAN ROASTED CAULIFLOWER 🍃 - **GARDEN BLEND VEGETABLES** 🍃
CHEF'S FEATURE: **MEDITERRANEAN CHICKEN SALAD** 🍃
GRILL: **CALIFORNIA TURKEY BURGER**



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Thursday

BREAKFAST:	BREAKFAST CASSEROLE
SOUPS:	CHEESY ASPARAGUS - LOUISIANA GUMBO 🍃
ENTREES:	HONEY CASHEW SALMON 🍃 FLANK STEAK W/ CARAMELIZED ONIONS
SIDES:	FIRE ROASTED TOMATO PILAF 🍃 - WHOLE GREEN BEANS 🍃 ROSEMARY ROASTED YUKON GOLD POTATO 🍃 - SAUTÉED YELLOW SQUASH W/ ROASTED PEPPERS 🍃
CHEF'S FEATURE:	TACO SALAD BOWL 🍃
GRILL:	GRILLED CHICKEN PARMESAN SANDWICH

Friday

BREAKFAST:	BREAKFAST BURRITO
SOUPS:	CLAM CHOWDER 🍃 - MINISTRONE 🍃
ENTREES:	PORK SHOULDER POT ROAST 🍃 GARLIC AND HERB CRUSTED COD 🍃
SIDES:	FRESH MASHED POTATOES 🍃 - ROASTED CARROTS 🍃 BRAISED CABBAGE 🍃 - ROASTED BRUSSELS AND SWEET POTATOES 🍃
CHEF'S FEATURE:	CHICKEN CAESAR SALAD 🍃
GRILL:	MONTEREY CHICKEN SANDWICH

*Hours of Operation: Monday through Friday 6:30 a.m. to 6:30 p.m.
Saturday and Sunday 7:00 a.m. to 2:00 p.m.*

Weekday Grill Hours: 6:30 a.m. to 10:00 a.m.; 11:00 a.m. to 1:30 p.m.
Evening and Weekend Grill Hours: Limited hot items available

*Executive Chef: Rich Nimkie
Hospitality Services Director: Donna Van Buren*



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Monday Week 5

Caramelized Onion/Tomato Quiche

Allergens: Wheat, Egg, Milk ✓ Serving Size-1 Slice
Total Cal...270 Sugars...8g Sodium...530mg
Fiber... 2g Carbs...18g Total Fat...14g
Protein...16g Sat Fat...5g Total
Chol...20mg Trans-fat...0g

Italian Green Beans

Allergens: None ✓ **G** ✓ Serving Size-3/4 cup
Total Cal...35 Sugars...3g Sodium...15mg
Fiber... 3g Carbs...5g Total Fat...0g
Protein...1g Sat Fat...0g Total Chol...
0mg Trans-Fat...0g

Refried Black Beans

Allergens: None ✓ **G** ✓ Serving Size-1/2 cup
Total Cal...120 Sugars...1g Sodium...390mg
Fiber... 7g Carbs...21g Total Fat...1.5g
Protein...7g Sat Fat...1.5g Total Chol...0mg
Trans-Fat...0g

Tex Mex Roasted Corn Enchilada Bake

Allergens: Soy, Wheat, Milk ✓ ✓ Serving Size- 9 oz.
Total Cal...390 Sugars...6g Sodium...330mg
Fiber... 4g Carbs...54g Total Fat...12g
Protein...11g Sat Fat...3g Total
Chol...45mg Trans-Fat...0g

Fiesta Potatoes

Allergens: None ✓ **G** ✓ Serving Size- 1/2 Cup
Total Cal...110 Sugars...2g Sodium...55mg
Fiber... 2g Carbs...18g Total Fat...3g
Protein...2g Sat Fat...0g Total Chol...5mg
Trans-Fat...0g

Baby Carrots

Allergens: None ✓ **G** ✓ Serving Size-3/4 cup
Total Cal...30 Sugars...5g Sodium...60mg
Fiber... 2g Carbs...7g Total Fat...0g
Protein...1g Sat Fat...0g Total Chol... 0mg
Trans-Fat...0g

Breakfast Hash **G**

Allergens: Milk, Eggs, Soy Serving Size- 6 oz.
Total Cal...270 Sugars...5g Sodium...510mg
Fiber... 2g Carbs...23g Total Fat...15g
Protein...15g Sat Fat...4g Total
Chol...45mg Trans-Fat...0g

Duchess Soup

Allergens: milk, wheat, soy ✓ Serving Size- 8 oz.
Total Cal...140 Sugars...4g Sodium...320mg
Fiber... 1g Carbs...14g Total Fat...6g
Protein...8g Sat Fat...3.5g Total
Chol...20mg Trans-Fat...0g

Italian Tortellini Soup

Allergens: eggs, wheat, soy, milk ✓ ✓ Serving Size- 8 oz.
Total Cal...90 Sugars...2g Sodium...320mg
Fiber... 2g Carbs...11g Total Fat...1.5g
Protein...3g Sat Fat...1g Total Chol...0mg
Trans-Fat...0g

Buffalo Cauliflower Kale Crunch Salad

Allergens: milk ✓ Serving Size- 1 bowl
Total Cal...260 Sugars...4g Sodium...630mg
Fiber... 7g Carbs...39g Total Fat...10g
Protein...8g Sat Fat...1.5g Total Chol...0mg
Trans-Fat...0g

Zucchini Cake Grilled Cheese

Allergens: milk, wheat, eggs ✓ Serving Size- 1 sandwich
Total Cal...330 Sugars...3g Sodium...440mg
Fiber... 3g Carbs...23g Total Fat...18g
Protein...22g Sat Fat...9g Total
Chol...115mg Trans-Fat...0g



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Tuesday Week 5

Caprese Chicken w/Balsamic Glaze

Allergens: Milk **G** Serving Size-10 oz.

Total Cal...240 Sugars...5g Sodium...270mg
Fiber... 2g Carbs...14g Total Fat...5g
Protein...37g Sat Fat...1g Total Chol...75mg
Trans-fat...0g

Basil Butter Artichoke Cavatappi

Allergens: Milk, Wheat **V** Serving Size-1/2 Cup

Total Cal...150 Sugars...2g Sodium...60mg
Fiber... 2g Carbs...20g Total Fat...7g
Protein...3g Sat Fat...2.5g Total
Chol...15mg Trans-Fat...0g

Orange Glazed Beets

Allergens: None **V G** Serving Size-3/4 cup

Total Cal...45 Sugars...4g Sodium...35mg
Fiber... 4g Carbs...8g Total Fat...0g
Protein...4g Sat Fat...0g Total Chol...5mg
Trans-Fat...0g

Beef Tips w/Mushroom and Tomato

Allergens: Soy **G** Serving Size-10oz

Total Cal...160 Sugars...3g Sodium...450mg
Fiber... 1g Carbs...6g Total Fat...4.5g
Protein...19g Sat Fat...1.5g Total Chol...50mg
Trans-Fat...0g

Caramelized Onion Mashed Potatoes

Allergens: Milk **V** Serving Size-1/2 cup

Total Cal...90 Sugars...1g Sodium...70mg
Fiber...3g Carbs...16g Total Fat...1g
Protein...2g Sat Fat...0g Total Chol...
70mg Trans-Fat...0g

Fresh Steamed Broccoli

Allergens: None **Vg G** Serving Size-3/4 cup

Total Cal...15 Sugars...0g Sodium...15mg
Fiber... 2g Carbs...3g Total Fat...0g
Protein...2g Sat Fat...0g Total Chol...0mg
Trans-Fat...0g

Apple Raisin French Toast Strata

Allergens: Wheat, milk, eggs **V** Serving Size- 1 square

Total Cal...240 Sugars...20g Sodium...270mg
Fiber... 2g Carbs...32g Total Fat...8g
Protein...11g Sat Fat...3g Total
Chol...15mg Trans-Fat...0g

Chicken Noodle Soup

Allergens: eggs, wheat, soy Serving Size- 8 oz.

Total Cal...80 Sugars...1g Sodium...320mg
Fiber... 1g Carbs...8g Total Fat...1g
Protein...7g Sat Fat...0g Total Chol...25mg
Trans-Fat...0g

Beef Vegetable Soup

Allergens: Soy **G** Serving Size- 8 oz.

Total Cal...110 Sugars...2g Sodium...280mg
Fiber... 1g Carbs...8g Total Fat...2.5g
Protein...4g Sat Fat...1g Total
Chol...10mg Trans-Fat...0g

Bourbon Street Chicken Fajita

Allergens: Wheat Serving Size-1 Fajita

Total Cal...270 Sugars...4g Sodium...630mg
Fiber... 2g Carbs...27g Total Fat...6g
Protein...21g Sat Fat...2g Total
Chol...0mg Trans-Fat...0g

Sloppy Joe on a Bun

Allergens: Soy, Wheat Serving Size-1 sandwich

Total Cal...350 Sugars...8g Sodium...600mg
Fiber...2g Carbs...33g Total Fat...14g
Protein...24g Sat Fat...4g Total
Chol...65mg Trans-Fat...0g



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Wednesday Week 5

Smothered Chicken Breast

Allergens: Soy **G** Serving Size-1 Breast

Total Cal...170 Sugars...2g Sodium...45mg
 Fiber... 1g Carbs...3g Total Fat...2g
 Protein...33g Sat Fat...0g Total
 Chol...80mg Trans-fat...0g

Summer Garden Blend Vegetables

Allergens: None **Vg G** Serving Size-3/4 cup

Total Cal...70 Sugars...4g Sodium...45mg
 Fiber... 4g Carbs...15g Total Fat...0g
 Protein...3g Sat Fat...0g Total Chol... 0mg
 Trans-Fat...0g

Roasted Parmesan Cauliflower

Allergens: Milk **V G** Serving Size-3/4 cup

Total Cal...45 Sugars...2g Sodium...90mg
 Fiber... 2g Carbs...5g Total Fat...1g
 Protein...4g Sat Fat...1g Total Chol...5mg
 Trans-Fat...0g

Vegetable Lasagna

Allergens: Milk, Wheat, Soy **V** Serving Size-1 Slice

Total Cal...300 Sugars...6g Sodium...380mg
 Fiber... 2g Carbs...27g Total Fat...13g
 Protein...20g Sat Fat...7g Total Chol...40mg
 Trans-Fat...0g

Garlic Mozzarella Ciabatta

Allergens: Wheat, Milk **V** Serving Size-1 Piece

Total Cal...230 Sugars...3g Sodium...340mg
 Fiber...2g Carbs...25g Total Fat...11g
 Protein...8g Sat Fat...6g Total
 Chol...25mg Trans-Fat...0g

Wild Rice and Mushroom Pilaf

Allergens: Soy **Vg G** Serving Size-1/2 cup

Total Cal...110 Sugars...1g Sodium...150mg
 Fiber... 2g Carbs...23g Total Fat...1g
 Protein...3g Sat Fat...0g Total Chol...0mg
 Trans-Fat...0g

Blueberry Waffle

Allergens: Wheat, eggs, milk **V** Serving Size- 1 Waffle

Total Cal...220 Sugars...12g Sodium...760mg
 Fiber... 5g Carbs...47g Total Fat...2g
 Protein...5g Sat Fat...1g Total Chol...5mg
 Trans-Fat...0g

White Chicken Chili Soup

Allergens: wheat, milk, soy Serving Size- 8 oz.

Total Cal...220 Sugars...4g Sodium...430mg
 Fiber... 4g Carbs...19g Total Fat...10g
 Protein...13g Sat Fat...2.5g Total
 Chol...25mg Trans-Fat...0g

Stuffed Green Pepper Soup

Allergens: Milk **G** Serving Size- 8 oz.

Total Cal...185 Sugars...5g Sodium...330mg
 Fiber... 1g Carbs...16g Total Fat...7g
 Protein...7g Sat Fat...2g Total
 Chol...20mg Trans-Fat...0g

Mediterranean Chicken Salad

Allergens: milk **G** Serving Size-1 salad

Total Cal...310 Sugars...3g Sodium...510mg
 Fiber... 6g Carbs...12g Total Fat...14g
 Protein...36g Sat Fat...1.5g Total Chol...55mg
 Trans-Fat...0g

California Turkey Burger

Allergens: wheat Serving Size-1 sandwich

Total Cal...340 Sugars...3g Sodium...360mg
 Fiber...5g Carbs...29g Total Fat...12g
 Protein...8g Sat Fat...1g Total Chol...45mg
 Trans-Fat...0g



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Thursday Week 5

Honey Cashew Salmon

Allergens: Fish, Soy, Wheat, Tree Nuts 

Serving Size-1 Fillet

Total Cal...210 Sugars...8g Sodium...540mg
Fiber... 4g Carbs...9g Total Fat...0g
Protein...24g Sat Fat...0g Total
Chol...60mg Trans-fat...0g

Whole Green Beans

Allergens: None **Vg G**  Serving Size-3/4 cup

Total Cal...45 Sugars...4g Sodium...20mg
Fiber...4g Carbs...7g Total Fat...0g
Protein...2g Sat Fat...0g Total Chol... 0mg
Trans-Fat...0g

Rosemary Roasted Potatoes

Allergens: None **Vg G**  Serving Size-1/2 Cup

Total Cal...100 Sugars...1g Sodium...105mg
Fiber...2g Carbs...18g Total Fat...3g
Protein...2g Sat Fat...0g Total Chol...0mg
Trans-Fat...0g

Caramelized Onion Flank Steak

Allergens: Soy **G** Serving Size-4 oz.

Total Cal...230 Sugars...0g Sodium...120mg
Fiber... 0g Carbs...2g Total Fat...11g
Protein...31g Sat Fat...4g Total Chol...
60mg Trans-Fat...0g

Yellow Squash and Peppers

Allergens: None **Vg G**  Serving Size-3/4 cup

Total Cal...35 Sugars...3g Sodium...15mg
Fiber...3g Carbs...5g Total Fat...0g
Protein...1g Sat Fat...0g Total Chol...0mg
Trans-Fat...0g

Fire Roasted Tomato Pilaf

Allergens: Wheat, Soy **Vg** Serving Size-1/2 cup

Total Cal...130 Sugars...3g Sodium...450mg
Fiber... 1g Carbs...23g Total Fat...3g
Protein...2g Sat Fat...0g Total Chol...0mg
Trans-Fat...0g

Breakfast Casserole

Allergens: Wheat, Eggs, Milk Serving Size- 6 oz.

Total Cal...190 Sugars...1g Sodium...340mg
Fiber... 1g Carbs...14g Total Fat...15g
Protein...8g Sat Fat...8g Total Chol...45mg
Trans fat...0g

Cheesy Asparagus Soup

Allergens: milk, wheat, soy **V** Serving Size- 8 oz.

Total Cal...130 Sugars...5g Sodium...360mg
Fiber...2g Carbs...12g Total Fat...5g
Protein...8g Sat Fat...3g Total Chol...15mg
Trans-Fat...0g

Louisiana Gumbo Soup

Allergens: Soy **G**  Serving Size- 8 oz.

Total Cal...130 Sugars...5g Sodium...360mg
Fiber...2g Carbs...12g Total Fat...5g
Protein...8g Sat Fat...3g Total
Chol...15mg Trans-Fat...0g

Build Your Own Taco Salad

Topping Choices Will Determine

Final Nutrition of Meal (See nutrition sheet)

Chicken Parmesan Sandwich

Allergens: wheat, milk Serving Size- 1 sandwich

Total Cal...380 Sugars...5g Sodium...570mg
Fiber...2g Carbs...35g Total Fat...6g
Protein...41g Sat Fat...3g Total Chol...75mg
Trans-Fat...0g



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BYO Taco Salad Nutrition

Taco Bowl with Meat

Allergens: Soy, wheat **Serving Size:** 1-shell w/meat
 Total Cal...440 Sugars...1g Sodium...350mg
 Fiber... 1g Carbs...33g Total Fat...20g
 Protein...27g Sat Fat...8g Total Chol...75mg
 Trans-fat...0g

Cheddar Cheese

Allergens: Milk **V G** **Serving Size** 1 oz.
 Total Cal...110 Sugars...0g Sodium...180mg
 Fiber... 0g Carbs...0g Total Fat...9g
 Protein...7g Sat Fat...6g Total Chol... 30mg
 Trans-Fat...0g

Sour Cream

Allergens: Milk **V G** **Serving Size** 2 Tbsp
 Total Cal...60 Sugars...1g Sodium...10mg
 Fiber... 0g Carbs...2g Total Fat...5g
 Protein...0g Sat Fat...3.5g Total Chol...20mg
 Trans-Fat...0g

Tomatoes

Allergens: None **Vg G** **Serving Size** 2 oz.
 Total Cal...5 Sugars...0.5g Sodium...0mg
 Fiber... 0.5g Carbs...1g Total Fat...0g
 Protein...0g Sat Fat...0g Total Chol...0mg
 Trans-Fat...0g

Salsa

Allergens: None **Serving Size** 1 oz.
 Total Cal...10 Sugars...2g Sodium...230mg
 Fiber... 0g Carbs...2g Total Fat01g
 Protein...0g Sat Fat...0g Total Chol...0mg
 Trans-fat...0g

Black Olives

Allergens: None **Serving Size** 1 oz.
 Total Cal...15 Sugars...0g Sodium...150mg
 Fiber... 0.5g Carbs...1g Total Fat...1.5g
 Protein...0g Sat Fat...0g Total Chol... 0mg
 Trans-Fat...0g

Lettuce Mix

Allergens: None **Vg** **Serving Size** 2oz.
 Total Cal...10 Sugars...<1g Sodium...10mg
 Fiber... 1g Carbs...2g Total Fat...0g
 Protein...1g Sat Fat...0g Total Chol...0mg
 Trans-Fat...0g

Onions

Allergens: None **Serving Size** 1 oz.
 Total Cal...10 Sugars...1g Sodium...0mg
 Fiber... 0g Carbs...2g Total Fat...0g
 Protein...0g Sat Fat...0g Total Chol...0mg
 Trans-Fat...0g



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Friday Week 5

Pork Shoulder Pot Roast

Allergens: Soy **G** Serving Size-5 oz.

Total Cal...170 Sugars...1g Sodium...310mg
Fiber... 0g Carbs...1g Total Fat...10g
Protein...20g Sat Fat...4.5g Total Chol...90mg
Trans-fat...0g

Roasted Brussels and Sweet Potatoes

Allergens: Tree Nuts **Vg G** Serving Size-1/2 cup

Total Cal...190 Sugars...19g Sodium...85mg
Fiber... 13g Carbs...44g Total Fat...0g
Protein...7g Sat Fat...0g Total Chol... 0mg
Trans-Fat...0g

Roasted Carrots

Allergens: None **Vg G** Serving Size-3/4 Cup

Total Cal...45 Sugars...5g Sodium...80mg
Fiber... 3g Carbs...11g Total Fat...0g
Protein...1g Sat Fat...0g Total Chol...0mg
Trans-Fat...0g

Garlic and Herb Crusted Cod

Allergens: Milk, Egg, Wheat, Fish Serving Size- 1 Fillet

Total Cal...170 Sugars...0g Sodium...130mg
Fiber... 1g Carbs...2g Total Fat...1g
Protein...28g Sat Fat...0.5g Total Chol...70mg
Trans-Fat...0g

Fresh Mashed Potatoes

Allergens: **Vg G** Serving Size-1/2 cup

Total Cal...130 Sugars...2g Sodium...20mg
Fiber...3g Carbs...7g Total Fat...5g
Protein...7g Sat Fat...0g Total Chol...0mg
Trans-Fat...0g

Braised Red Cabbage

Allergens: Soy **Vg G** Serving Size- 3/4 Cup

Total Cal...50 Sugars...5g Sodium...30mg
Fiber... 3g Carbs...8g Total Fat...1.5g
Protein...1g Sat Fat...0g Total Chol...0mg
Trans-Fat...0g

Breakfast Burrito

Allergens: Eggs, Milk Serving Size-I Burrito

Total Cal...450 Sugars...11g Sodium...370mg
Fiber... 8g Carbs...27g Total Fat...11g
Protein...29g Sat Fat...4g Total
Chol...20mg Trans-fat...0g

New England Clam Chowder Soup

Allergens: milk, fish, wheat Serving Size- 8 oz.

Total Cal...140 Sugars...4g Sodium...360mg
Fiber... 1g Carbs...19g Total Fat...1g
Protein...8g Sat Fat...0g Total Chol... 0mg
Trans-Fat...0g

Minestrone Soup

Allergens: soy **Vg** Serving Size- 8 oz.

Total Cal...100 Sugars...2g Sodium...340mg
Fiber... 4g Carbs...19g Total Fat...1g
Protein...5g Sat Fat...0g Total Chol...0mg
Trans-Fat...0g

Chicken Caesar Salad

Allergens: wheat, milk Serving Size- I salad

Total Cal...190 Sugars...3g Sodium...500mg
Fiber... 1g Carbs...7g Total Fat...6g
Protein...27g Sat Fat...2g Total Chol...5mg
Trans-Fat...0g

Monterey Chicken Sandwich

Allergens: wheat, milk, soy, eggs Serving Size-I sandwich

Total Cal...360 Sugars...2g Sodium...560mg
Fiber...1g Carbs...24g Total Fat...14g
Protein...34g Sat Fat...4.5g Total
Chol...85mg Trans-Fat...0g