



# 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 October 12<sup>th</sup>, 2020

### Monday

BREAKFAST:	<b>BREAKFAST CASSEROLE</b>
SOUPS:	<b>VEGETABLE BARLEY</b> 🌱 - <b>CHEESY VEGETABLE</b>
ENTREES:	<b>SWISS CHEESE POLENTA w/ MUSHROOMS</b> 🌱 <b>HUEVOS RANCHEROS</b> 🌱
SIDES:	<b>SWEET POTATO QUINOA CAKES</b> 🌱 - <b>MULTI COLOR CAULIFLOWER</b> 🌱 <b>LEMON GARLIC GREEN BEANS</b> 🌱 - <b>ROASTED SWEET CORN AND PEPPERS</b> 🌱
CHEF'S FEATURE:	<b>SPICY CAULIFLOWER WRAP</b>
GRILL:	<b>THREE GRAIN BURGER</b>

### Tuesday

BREAKFAST:	<b>BREAKFAST BURRITO</b>
SOUPS:	<b>FRENCH ONION</b> - <b>CHICKEN &amp; BLACK BEAN CHILI</b> 🌱
ENTREES:	<b>CARIBBEAN MAHI MAHI</b> 🌱 - <b>BEEF LONDON BROIL</b>
SIDES:	<b>BROWN BUTTER AND SAGE ACORN SQUASH- CALYPSO RICE</b> 🌱 <b>ONION AND GARLIC MASHED</b> 🌱 - <b>GINGERED SWEET POTATO &amp; ZUCCHINI</b> 🌱
CHEF'S FEATURE:	<b>PULLED PORK &amp; GRILLED PEACHES BLACK RICE BOWL</b>
GRILL:	<b>SHREDDED TURKEY SANDWICH</b>

### Wednesday

BREAKFAST:	<b>STRAWBERRY WAFFLE</b> (MADE TO ORDER OMELETS-CHEF'S FEATURE STATION)
SOUPS:	<b>TURKEY WILD RICE</b> 🌱 - <b>RED POTATO CHEDDAR</b>
ENTREES:	<b>MEAT LASAGNA</b> - <b>TERIYAKI GLAZED SALMON</b> 🌱
SIDES:	<b>MIRIN GLAZED CARROTS AND SNOW PEAS</b> 🌱 - <b>STIR FRIED RED RICE</b> 🌱 <b>BROCCOLI WITH GARLIC</b> 🌱 - <b>PARMESAN GARLIC TELERA ROLL</b>
CHEF'S FEATURE:	<b>STRAWBERRY CHICKEN SALAD</b> 🌱
GRILL:	<b>SMOKED BBQ PULLED CHICKEN SANDWICH</b>



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### Thursday

BREAKFAST:	LEMON RICOTTA PANCAKES 🍃
SOUPS:	CHICKEN DUMPLING 🍃 - BEEF NOODLE 🍃
ENTREES:	BUTTER CHICKEN CURRY 🍃 - PORK POT ROAST 🍃
SIDES:	TUXEDO BARLEY PILAF 🍃 - FRESH MASHED POTATO 🍃 ROASTED CARROTS 🍃 - CHARRED ASPARAGUS 🍃
CHEF'S FEATURE:	GENERAL TSO CHICKEN
GRILL:	JAMAICAN JERK TURKEY BURGER

### Friday

BREAKFAST:	BREAKFAST PIZZA
SOUPS:	TOMATO BASIL 🍃 - BEEF MUSHROOM BARLEY
ENTREES:	PANKO CRUSTED MAC & CHEESE MAPLE CHIPOTLE GLAZED SALMON 🍃
SIDES:	BLACK EYED PEAS W/ KALE AND SUN DRIED TOMATOES 🍃 - CAJUN SPICED POTATO WEDGES 🍃 ROASTED LEMON PEPPER BROCCOLI 🍃 - SUNSHINE BEANS AND CARROTS 🍃
CHEF'S FEATURE:	PERI PERI CHICKEN CHOP SALAD
GRILL:	CHICKEN MUSHROOM SWISS 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 2

### Huevo Rancheros

Allergens: Soy, Wheat, Eggs, Milk Serving Size- I slice

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

### Lemon Garlic Green Beans

Allergens: None Serving Size-3/4 cup

Total Cal...50g Sugars...3g Sodium...10mg  
Fiber... 3g Carbs...8g Total Fat...1.5g  
Protein...2g Sat Fat...0g Total Chol...  
0mg Trans-Fat...0g

### Roasted Sweet Corn & Peppers

Allergens: None Serving Size-3/4 cup

Total Cal...90 Sugars...4g Sodium...45mg  
Fiber... 2g Carbs...20g Total Fat...0.5g  
Protein...2g Sat Fat...0g Total Chol...  
0mg Trans-Fat...0g

### Swiss Polenta w/ Cremini Mushrooms

Allergens: Milk Serving Size-10 oz.

Total Cal...180g Sugars...3g  
Sodium...530mg Fiber... 3g Carbs...31g  
Total Fat...4g Protein...8g Sat  
Fat...2g Total Chol...10mg Trans-Fat...0g

### Sweet Potato Quinoa Cakes

Allergens: Milk, Wheat Serving Size-2 Pancakes

Total Cal...210g Sugars...9g  
Sodium...150mg Fiber... 3g Carbs...35g  
Total Fat...0.5g Protein...8g Sat  
Fat...0g Total Chol...60mg Trans-Fat...0g

### Multi-Color Cauliflower

Allergens: None Serving Size-3/4 cup

Total Cal...40g Sugars...0g Sodium...40mg  
Fiber... 2g Carbs...5g Total Fat...0g  
Protein...3g Sat Fat...0g Total Chol...  
0mg Trans-Fat...0g

### Breakfast Casserole

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

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

### Cheesy Vegetable Soup

Allergens: Milk, Wheat, Soy Serving Size-8 oz.

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

### Sweet Potato Red Bean Chili Soup

Allergens: Soy Serving Size-8 oz.

Total Cal...60g Sugars...2g  
Sodium...310mg Fiber... 2g Carbs...12g  
Total Fat...0g Protein...2g Sat  
Fat...0g Total Chol...15mg Trans-Fat...0g

### Spicy Cauliflower Wrap

Allergens: Soy, Wheat Serving Size- I Wrap

Total Cal...340g Sugars...4g  
Sodium...680mg Fiber... 6g Carbs...51g  
Total Fat...12g Protein...8g Sat  
Fat...2.5g Total Chol...0mg Trans-Fat...0g

### Three Grain Burger

Allergens: Soy, Wheat Serving Size-I sandwich

Total Cal...260g Sugars...8g  
Sodium...560mg Fiber... 8g Carbs...46g  
Total Fat...3.5g Protein...13g Sat  
Fat...0g Total Chol...0mg Trans-Fat...0g



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## Tuesday Week 2

### Beef London Broil

Allergens: Soy **G** Serving Size-6 oz.

Total Cal...220g Sugars...1g Sodium...115mg  
 Fiber... 0g Carbs...1g Total Fat...9g  
 Protein...33g Sat Fat...4g Total Chol...50mg  
 Trans-fat...0g

### Brown Butter and Sage Acorn Squash

Allergens: Milk **V G** Serving Size-2 Quarters

Total Cal...180g Sugars...5g Sodium...95mg  
 Fiber... 3g Carbs...19g Total Fat...13g  
 Protein...1g Sat Fat...4g Total Chol...  
 15mg Trans-Fat...0g

### Caramelized Onion/Garlic Mashed Potatoes

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

Total Cal...90g Sugars...1g Sodium...70mg  
 Fiber... 3g Carbs...16g Total Fat...1.5g  
 Protein...2g Sat Fat...0g Total  
 Chol...0mg Trans-Fat...0g

### Caribbean Mahi Mahi

Allergens: Fish **G** Serving Size-I Fillet

Total Cal...140g Sugars...7g  
 Sodium...240mg Fiber... 1g Carbs...10g  
 Total Fat...1.5g Protein...22g Sat  
 Fat...0g Total Chol... 85mg Trans-Fat...0g

### Calypso Rice

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

Total Cal...90 Sugars...3g Sodium...300mg  
 Fiber...1g Carbs...19g Total Fat...0g  
 Protein...2g Sat Fat...0g Total Chol...0mg  
 Trans-Fat...0g

### Gingered Sweet Potato and Zucchini

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

Total Cal...110g Sugars...10g Sodium...10mg  
 Fiber... 2g Carbs...21g Total  
 Fat...2.5g Protein...2g Sat Fat...0g  
 Total Chol...0mg Trans-Fat...0g

### Breakfast Burrito

Allergens: Eggs, Milk Serving Size-I Burrito

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

### French Onion Soup

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

Total Cal...50g Sugars...3g Sodium...650mg  
 Fiber...1g Carbs...8g Total Fat...2g  
 Protein...1g Sat Fat...1g Chol...5mg  
 Trans-Fat...0g

### Chicken and Black Bean Chili Soup

Allergens: Soy, Milk, Wheat **V** Serving Size- 8 oz

Total Cal...60g Sugars...2g  
 Sodium...400mg Fiber... 2g Carbs...12g  
 Total Fat...0g Protein...2g Sat  
 Fat...0g Total Chol... 0mg Trans-Fat...0g

### Roasted Pulled Pork/Grilled Peaches & Black Rice Bowl

Allergens: Milk, Soy Serving Size I bowl

Total Cal...410g Sugars...11g  
 Sodium...550mg Fiber... 4g Carbs...31g  
 Total Fat...19g Protein...27g Sat  
 Fat...6g Total Chol...80mg Trans-Fat...0g

### Shredded Turkey Sandwich

Allergens: Milk, Wheat Serving Size-I sandwich

Total Cal...310g Sugars...5g  
 Sodium...590mg Fiber...1g Carbs...38g  
 Total Fat...4.5g Protein...27g Sat  
 Fat...1.5g Total Chol...155mg Trans-Fat...0g



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## Wednesday Week 2

### Meat Lasagna

Allergens: Milk, soy, Wheat Serving Size-10 oz.

Total Cal...460g Sugars...9g Sodium...510mg  
 Fiber... 3g Carbs...45g Total Fat...18g  
 Protein...33g Sat Fat...9g Total  
 Chol...60mg Trans-fat...0g

### Stir Fried Red Rice

Allergens: Soy VG Serving Size-1/2 cup

Total Cal...100g Sugars...2g Sodium...150mg  
 Fiber... 2g Carbs...18g Total Fat...1.5g  
 Protein...3g Sat Fat...0g Total Chol...  
 0mg Trans-Fat...0g

### Mirin Glazed Carrots and Snow Peas

Allergens: None VG Serving Size-1/2 cup

Total Cal...60g Sugars...6g Sodium...30mg  
 Fiber... 3g Carbs...11g Total Fat...0.5g  
 Protein...2g Sat Fat...0g Total Chol...0mg  
 Trans-Fat...0g

### Teriyaki Glazed Salmon

Allergens: Soy, Fish, Wheat Serving Size- 4 oz.  
 Fillet

Total Cal...190g Sugars...6g Sodium...460mg  
 Fiber... 0g Carbs...6g Total Fat...7g  
 Protein...23g Sat Fat...1g Total Chol...  
 60mg Trans-Fat...0g

### Parmesan Garlic Telera Roll

Allergens: Wheat, Milk V Serving Size-1 Piece

Total Cal...240g Sugars...2g Sodium...400mg  
 Fiber...1g Carbs...24g Total Fat...12g  
 Protein...8g Sat Fat...6g Total Chol...  
 25mg Trans-Fat...0g

### Broccoli w/ Roasted Garlic Cloves

Allergens: None VG Serving Size-3/4 cup

Total Cal...20g Sugars...0g Sodium...15mg  
 Fiber... 2g Carbs...4g Total Fat...0g  
 Protein...2g Sat Fat...0g Total Chol...0mg  
 Trans-Fat...0g

### Strawberry Waffle

Allergens: Soy, Wheat, Eggs Serving Size-1 Waffle

Total Cal...390g Sugars...49g  
 Sodium...760mg Fiber... 4g Carbs...85g  
 Total Fat...3.5g Protein...5g Sat  
 Fat...2.5g Total Chol...5mg Trans-fat...0g

### Turkey w/ Wild Rice Soup

Allergens: Wheat G Serving Size- 8 oz.

Total Cal...90g Sugars...1g Sodium...380mg  
 Fiber...1g Carbs...10g Total Fat...1.5g  
 Protein...8g Sat Fat...0g Total  
 Chol...5mg Trans-Fat...0g

### Red Potato Cheddar Soup

Allergens: Wheat, Milk, Soy Serving Size-8 oz.

Total Cal...240g Sugars...4g Sodium...610mg  
 Fiber... 1g Carbs...20g Total Fat...14g  
 Protein...8g Sat Fat...8g Total  
 Chol...40mg Trans-Fat...0g

### Strawberry Chicken Salad

Allergens: Milk, Tree nuts G Serving Size-1 salad

Total Cal...290g Sugars...5g Sodium...390mg  
 Fiber... 5g Carbs...13g Total Fat...15g  
 Protein...27g Sat Fat...2.5g Total  
 Chol...10mg Trans-Fat...0g

### Smoked Pulled Chicken/Toasted Wheat Bun

Allergens: Milk, Soy, Wheat Serving Size-1 sandwich

Total Cal...345g Sugars...9g  
 Sodium...700mg Fiber... 8g Carbs...36g  
 Total Fat...13g Protein...21g Sat  
 Fat...3.5g Total Chol...90mg Trans-Fat...0



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## Thursday Week 2

### Butter Chicken Curry

Allergens: Soy **G** Serving Size-12 oz.  
 Total Cal...290g Sugars...5g Sodium...500mg  
 Fiber... 3g Carbs...16g Total Fat...7g  
 Protein...38g Sat Fat...3.5g Total  
 Chol...95mg Trans-fat...0g

### Roasted Carrots

Allergens: None **Vg G** Serving Size-3/4 cup  
 Total Cal...45g Sugars...5g Sodium...80mg  
 Fiber... 0.5g Carbs...11g Total Fat...1g  
 Protein...1g Sat Fat...0g Total Chol...  
 5mg Trans-Fat...0g

### Fresh Mashed Potatoes

Allergens: **Vg G** Serving Size-1/2 Cup  
 Total Cal...80g Sugars...2g  
 Sodium...140mg Fiber... 0.5g Carbs...15g  
 Total Fat...1g Protein...2g Sat  
 Fat...0g Total Chol...0mg Trans-Fat...0g

### Pork Pot Roast

Allergens: **G** Serving Size-6 oz.  
 Total Cal...290g Sugars...2g Sodium...135mg  
 Fiber... 1g Carbs...3g Total Fat...17g  
 Protein...30g Sat Fat...6g Total  
 Chol...100mg Trans-Fat...0g

### Charred Asparagus

Allergens: None **Vg G** Serving Size-3/4 cup  
 Total Cal...30g Sugars...3g Sodium...40mg  
 Fiber...3g Carbs...6g Total Fat...0g  
 Protein...3g Sat Fat...0g Total Chol...  
 0mg Trans-Fat...0g

### Tuxedo Barley Pilaf

Allergens: Wheat, Soy **Vg** Serving Size-1/2 cup  
 Total Cal...100g Sugars...3g Sodium...80mg  
 Fiber... 5g Carbs...21g Total Fat...1g  
 Protein...3g Sat Fat...0g Total Chol...0mg  
 Trans-Fat...0g

### Lemon Ricotta Pancakes

Allergens: Wheat, Eggs, Milk **V** Serving Size-1 piece  
 Total Cal...240g Sugars...17g  
 Sodium...320mg Fiber... 2g Carbs...37g  
 Total Fat...6g Protein...10g Sat  
 Fat...3.5g Total Chol...15mg Trans-fat...0g

### Chicken and Dumpling Soup

Allergens: Milk, Egg, Wheat, Soy Serving Size- 8 oz.  
 Total Cal...90g Sugars...1g  
 Sodium...300mg Fiber... 1g Carbs...12g  
 Total Fat...1.5g Protein...6g Sat  
 Fat...0g Total Chol...30mg Trans-Fat...0g

### Beef Noodle Soup

Allergens: Milk, Wheat, Soy, Eggs Serving Size- 8 oz.  
 Total Cal...70g Sugars...2g Sodium...160mg  
 Fiber...1g Carbs...9g Total Fat...2g  
 Protein...4g Sat Fat...1g Total  
 Chol...15mg Trans-Fat...0g

### General Tso Chicken

Allergens: Soy, Wheat Serving Size-1 bowl  
 Total Cal...360g Sugars...35g  
 Sodium...890mg Fiber... 3g Carbs...64g  
 Total Fat...4g Protein...16g Sat  
 Fat...0.5g Total Chol...35mg Trans-Fat...0g

### Jamaican Jerk Turkey Burger

Allergens: Soy, Milk, Wheat Serving Size-1 burger  
 Total Cal...370g Sugars...5g  
 Sodium...650mg Fiber... 1g Carbs...34g  
 Total Fat...9g Protein...38g Sat  
 Fat...4.5g Total Chol...155mg Trans-Fat...0g



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## Friday Week 2

### Panko Crusted Mac & Cheese

Allergens: Milk, Wheat, Soy Serving Size-9 oz.

Total Cal...340g Sugars...6g  
 Sodium...450mg Fiber...2g Carbs...47g  
 Total Fat...10g Protein...16g Sat  
 Fat...4g Total Chol...35mg Trans-fat...0g

### Black Eyed Peas/Kale & Sun- Dried

#### Tomatoes

Allergens: None Serving Size-3/4 cup

Total Cal...120g Sugars...2g  
 Sodium...240mg Fiber...3g Carbs...14g  
 Total Fat...6g Protein...5g Sat  
 Fat...0g Total Chol...0mg Trans-Fat...0g

### Sunshine Beans and Carrots

Allergens: None Serving Size-3/4 Cup

Total Cal...25g Sugars...1g Sodium...10mg  
 Fiber...2g Carbs...6g Total Fat...0g  
 Protein...4g Sat Fat...0g Total Chol...0mg  
 Trans-Fat...0g

### Maple Chipotle Glazed Salmon

Allergens: Fish Serving Size-I Fillet

Total Cal...220g Sugars...4g Sodium...540mg  
 Fiber...0g Carbs...16g Total Fat...8g  
 Protein...23g Sat Fat...1g Total Chol...  
 60mg Trans-Fat...0g

### Roasted Lemon Pepper Broccoli

Allergens: None Serving Size-3/4 cup

Total Cal...15g Sugars...0g Sodium...95mg  
 Fiber...0g Carbs...3g Total Fat...0g  
 Protein...2g Sat Fat...0g Total Chol...0mg  
 Trans-Fat...0g

### Cajun Spiced Potato Wedges

Allergens: None Serving Size-4 oz.

Total Cal...100g Sugars...1g Sodium...130mg  
 Fiber...2g Carbs...18g Total Fat...3g  
 Protein...2g Sat Fat...0g Total  
 Chol...0mg Trans-Fat...0g

### Breakfast Pizza

Allergens: eggs, wheat, milk Serving Size-I slice

Total Cal...190g Sugars...1g Sodium...550mg  
 Fiber...1g Carbs...15g Total Fat...11g  
 Protein...14g Sat Fat...4.5g Total Chol...  
 30mg Trans-Fat...0g

### Tomato Basil Soup

Allergens: Wheat, Milk, Soy Serving Size- 8 oz.

Total Cal...80g Sugars...7g Sodium...270mg  
 Fiber...2g Carbs...14g Total Fat...1g  
 Protein...4g Sat Fat...0g Total Chol...0mg  
 Trans-Fat...0g

### Beef Barley & Mushroom Soup

Allergens: Milk, Soy Serving Size-8 oz.

Total Cal...130g Sugars...4g Sodium...370mg  
 Fiber...1g Carbs...14g Total Fat...6g  
 Protein...7g Sat Fat...3g Total  
 Chol...10mg Trans-Fat...0g

### Peri Peri Chicken Chop Salad

Allergens: Milk Serving Size I bowl

Total Cal...340g Sugars...5g Sodium...270mg  
 Fiber...8g Carbs...19g Total Fat...14g  
 Protein...39g Sat Fat...4g Total  
 Chol...95mg Trans-Fat...0g

### Chicken Mushroom Swiss Sandwich

Allergens: Milk, Wheat, Soy Serving Size-I sandwich

Total Cal...300g Sugars...3g Sodium...320mg  
 Fiber...8g Carbs...29g Total Fat...7g  
 Protein...43g Sat Fat...3g Total  
 Chol...95mg Trans-Fat...0g