



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 November 16th, 2020

Monday

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

Tuesday

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

Wednesday

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



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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