



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 July 19th, 2021

Monday

BREAKFAST: **BREAKFAST CASSEROLE**
SOUPS: **VEGETABLE BARLEY** 🍃 - **CHEESY VEGETABLE**
ENTREES: **3 CHEESE MANICOTTI W/ASPARAGUS ALFREDO** 🍃
SIDES: **SWEET POTATO QUINOA CAKES** 🍃 - **MULTI COLOR CAULIFLOWER** 🍃
LEMON GARLIC GREEN BEANS 🍃
CHEF'S FEATURE: **SPICY CAULIFLOWER WRAP**
GRILL: **PARMESAN CRUSTED CAPRESE GRILLED CHEESE**

Tuesday

BREAKFAST: **BREAKFAST BURRITO**
SOUPS: **FRENCH ONION** - **CHICKEN & BLACK BEAN CHILI** 🍃
ENTREES: **BEEF LONDON BROIL**
SIDES: **BROCCOLI WITH GARLIC** 🍃
ONION AND GARLIC MASHED 🍃 **BUTTERED CARROTS**
CHEF'S FEATURE: **PULLED PORK & GRILLED PEACHES BLACK RICE BOWL**
GRILL: **SHREDDED TURKEY SANDWICH**

Wednesday

BREAKFAST: **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 🍃 - POT ROAST 🍃
SIDES:	FRESH MASHED POTATO 🍃 ROASTED CARROTS 🍃 - CHARRED ASPARAGUS 🍃
CHEF'S FEATURE:	GENERAL TSO CHICKEN
GRILL:	MAHI MAHI SANDWICH W/ HONEY YOGURT SLAW

Friday

BREAKFAST:	BREAKFAST PIZZA
SOUPS:	TOMATO BASIL 🍃 - BEEF MUSHROOM BARLEY
ENTREES:	PANKO CRUSTED MAC & CHEESE MAPLE CHIPOTLE GLAZED SALMON 🍃
SIDES:	CAJUN SPICED ROASTED POTATOES 🍃 ROASTED LEMON PEPPER BROCCOLI 🍃 - CARROT AND BEAN BLEND 🍃
CHEF'S FEATURE:	TROPICAL CHICKEN POWER BOWL
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

Cheese Manicotti w/Asparagus Alfredo

Allergens: Soy, Wheat, Eggs, Milk Serving Size- 1 slice

Total Cal...340g Sugars...11g Sodium...490mg
 Fiber... 6g Carbs...41g Total Fat...9g
 Protein...16g Sat Fat...3g Total
 Chol...35mg 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

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

Vegetable Barley 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- 1 Wrap

Total Cal...340g Sugars...4g
 Sodium...680mg Fiber... 6g Carbs...58g
 Total Fat...12g Protein...8g Sat
 Fat...2.5g Total Chol...0mg Trans-Fat...0g

Parmesan Crusted Caprese

Grilled Cheese

Allergens: Soy, Milk, Wheat

Serving Size-I sandwich

Total Cal...350 Sugars...2g Sodium...700mg
 Fiber... 4g Carbs...44g Total Fat...5g
 Protein...15g Sat Fat...5g
 Total Chol...25mg 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

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

Broccoli w/ Roasted Garlic Cloves

Allergens: None **Vg G** 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

Buttered Carrots

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

Total Cal...110g Sugars...5g Sodium...80mg
Fiber... 3g Carbs...11g Total Fat...7g
Protein...1g Sat Fat...4.5g 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

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

Stir Fried Red Rice

Allergens: Soy 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 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

Parmesan Garlic Telera Roll

Allergens: Wheat, Milk 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

Turkey w/ Wild Rice Soup

Allergens: Wheat 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 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

Allergens: Milk, Soy, Wheat Serving Size-I 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

Beef 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

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: **V 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

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

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

Mahi Mahi Sandwich

Allergens: Soy, Milk, Wheat Serving Size-I burger
 Total Cal...350g Sugars...7g
 Sodium...450mg Fiber... 2g Carbs...39g
 Total Fat...5g Protein...33g Sat Fat...2g
 Total Chol...205mg 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

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

Carrot and Bean Blend

Allergens: None Vg G 🌱 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

Roasted Lemon Pepper Broccoli

Allergens: None Vg G 🌱 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 Roasted Potatoes

Allergens: None Vg G 🌱 Serving Size-4 oz.

Total Cal...100g Sugars...1g Sodium...105mg
 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

Tropical Chicken Power Bowl

Allergens: Milk Serving Size I bowl

Total Cal...380g Sugars...6g Sodium...470mg
 Fiber... 6g Carbs...46g Total Fat...3.5g
 Protein...30g Sat Fat...0g Total Chol...0mg
 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