

Advanced Care at Home Menu Nutrition Report

For additional support or questions, please contact the Patient Dining Call Center. Contact information can be found on the patient menu at your local Mayo Clinic location.

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)	Fiber (g)	Potassium (mg)	Ingredients
Breakfast Chef Features									
Texas Toast Meal									
Texas Toast French Toast	214	2.2	0.5	35	12	418	2	228	egg, liquid, substitute, cholesterol free, pasteurized, fresh flavoring, extract, vanilla, imitation * milk, skim * spice, cinnamon, ground * oil, cooking spray * bread, texas, sliced, alpha, 1.45 oz
Scrambled Eggs	156	11.5	4.6	2	10	140	0	138	milk, skim * egg, liquid, whole, w/citric acid, includes cage free, fresh base, cream, culinary, minor's oil, canola
Pork Sausage Patty	178	16.8	5.9	1	5	316	0	0	sausage patty, pork, jimmy dean, fc, 1.5 oz, frozen
Van Greek Yogurt	110	0.0	0.0	15	12	60	0	188	yogurt, vanilla, greek, chobani, 5.3 oz, pc
Banana	105	0.4	0.1	27	1	1	3	422	banana, medium, 100-120 ct, fresh
Pancake Meal									
Pancakes	167	2.3	0.9	33	4	519	1	88	water mix, pancake, buttermilk, gold medal, golden valley, dry oil, cooking spray *
Scrambled Eggs	156	11.5	4.6	2	10	140	0	138	milk, skim * egg, liquid, whole, w/citric acid, includes cage free, fresh base, cream, culinary, minor's oil, canola
Turkey Sausage	35	2.5	0.8	0	4	140	0	48	sausage link, turkey, 1 oz, rtc, frozen *menu less
Blueberry Greek Yogurt	110	0.0	0.0	16	11	55	1	188	yogurt, blueberry, greek, chobani, 5.3 oz, pc
Applesauce	54	0.1	0.0	14	0	3	1	94	applesauce, unsweetened, 4 oz, pc
Cheese Omelet Meal									
Chz Omelet	276	20.2	8.9	2	21	346	0	178	cheese, cheddar, mild, pre-shredded, feathered egg, liquid, whole, w/citric acid, includes cage free, fresh oil, cooking spray, grilling
Turkey Sausage	35	2.5	0.8	0	4	140	0	48	sausage link, turkey, 1 oz, rtc, frozen *menu less
Breakfast Potatoes	127	4.7	0.4	20	2	124	2	348	oil, canola onions, yellow, fresh, small diced, 1/4" potatoes, diced, peeled, roasted, fc, 5/8" salt, kosher spice, pepper, black, ground, fine parsley, fresh, chopped
Plain English Muffin	150	1.0	0.0	30	5	180	1	60	english muffin, plain, 2 oz
Blueberry Greek Yogurt	110	0.0	0.0	16	11	55	1	188	yogurt, blueberry, greek, chobani, 5.3 oz, pc
Pears	62	0.0	0.0	17	0	10	1	46	pears, diced, juice pack, 4 oz, pc
Mushroom Spinach & Cheese Omelet Meal									
Mushroom Spinach & Chz Omel	366	26.1	14.0	4	29	605	0	344	egg, fresh, cage free spinach, fresh mushroom button fresh; 1/10 lb milk, whole * cheese, provolone, loaf, sliced, .75 oz oil, canola
Turkey Sausage	35	2.5	0.8	0	4	140	0	48	sausage link, turkey, 1 oz, rtc, frozen *menu less
Breakfast Potatoes	127	4.7	0.4	20	2	124	2	348	oil, canola onions, yellow, fresh, small diced, 1/4" potatoes, diced, peeled, roasted, fc, 5/8" salt, kosher spice, pepper, black, ground, fine parsley, fresh, chopped
Plain English Muffin	150	1.0	0.0	30	5	180	1	60	english muffin, plain, 2 oz
Blueberry Greek Yogurt	110	0.0	0.0	16	11	55	1	188	yogurt, blueberry, greek, chobani, 5.3 oz, pc
Banana	105	0.4	0.1	27	1	1	3	422	banana, medium, 100-120 ct, fresh
Egg Potato & Vegetable Skillet Meal									
Egg Potato & Veg Skillet	221	11.6	3.6	21	9	105	2	444	oil, canola onions, yellow, fresh, small diced, 1/4" peppers, bell, green, fresh, diced, small, 1/4" potatoes, diced, peeled, roasted, fc, 5/8" spice, paprika, ground parsley, fresh, chopped basil, fresh, chiffonade cut * oregano, fresh, chopped * cilantro, fresh, chopped lemon, fresh, zested egg, liquid, whole, w/citric acid, includes cage free, fresh milk, skim * base, cream, culinary, minor's oil, canola
Turkey Bacon	18	1.4	0.5	0	1	64	0	11	bacon, turkey, sliced, raw, frozen *menu less
Van Greek Yogurt	110	0.0	0.0	15	12	60	0	188	yogurt, vanilla, greek, chobani, 5.3 oz, pc
Blueberry Muffin	134	1.4	0.3	29	2	268	0	3	blueberries, unsweetened, frozen-icqf flour, all purpose water mix muffin low fat variety 6/4.5 lb
Fruit Cup	34	0.2	0.0	9	1	8	1	167	honeydew melon, fresh, cubed, 1/2" grapes, red seedless, fresh cantaloupe, medium, fresh, diced, 1/2" strawberries, fresh, capped, halved
Raisin Bran Meal									
Raisin Bran	110	0.5	0.0	28	3	120	4	160	cereal, raisin bran, bowl, 1.25 oz, pc
Hard Boiled Egg (cold)	68	4.7	1.4	0	6	55	0	55	egg, hard cooked, includes cage free
Blueberry Greek Yogurt	110	0.0	0.0	16	11	55	1	188	yogurt, blueberry, greek, chobani, 5.3 oz, pc
Fruit Cup	34	0.2	0.0	9	1	8	1	167	honeydew melon, fresh, cubed, 1/2" grapes, red seedless, fresh cantaloupe, medium, fresh, diced, 1/2" strawberries, fresh, capped, halved
Cheerios Meal									
Cheerios	72	1.3	0.3	14	2	97	2	123	cereal, cheerios, bowl, pc
Blueberry Muffin	134	1.4	0.3	29	2	268	0	3	blueberries, unsweetened, frozen-icqf flour, all purpose water mix muffin low fat variety 6/4.5 lb
Banana	105	0.4	0.1	27	1	1	3	422	banana, medium, 100-120 ct, fresh
Van Greek Yogurt	110	0.0	0.0	15	12	60	0	188	yogurt, vanilla, greek, chobani, 5.3 oz, pc
Lunch & Dinner Chef Features									

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)	Fiber (g)	Potassium (mg)	Ingredients
Pasta with Alfredo Meal									
Rotini Pasta w/Alfredo	851	43.3	12.9	84	30	1244	5	395	pasta, rotini, dry water, boiling salt, kosher oil, canola sauce, cheese, white, rtu, frozen * parsley, italian, fresh, chopped * cheese, parmesan, pre-shredded, fancy
Grilled Chx 3oz	135	4.6	1.1	0	23	143	0	267	basil, fresh, chopped rosemary, fresh, chopped chives, fresh, chopped spice, pepper, black, ground chicken, breast, boneless, skinless, nae, 4 oz, koch, raw thyme, fresh, chopped oil, canola
Broccoli	29	0.3	0.1	6	2	29	2	273	broccoli, fresh
Garlic Breadstick	88	3.0	1.5	13	3	144	1	50	dough, breadsticks, french, 1 oz spice, garlic, granulated butter, melted spice, oregano, dried, crushed * parsley, fresh, chopped
Peaches	60	0.0	0.0	14	1	0	1	94	peaches, diced, juice pack, 4 oz, pc
Carrot Cupcake	398	18.7	11.1	54	5	389	0	72	water mix, cake, white, gold medal carrots, pre-shredded, fresh flavoring, extract, vanilla pure spice, cinnamon, ground * spice, nutmeg, ground spice, ginger, ground butter, unsalted milk, skim * cream cheese, bulk sugar, powdered flavoring, extract, vanilla, imitation * spice, cinnamon, ground *
Pot Roast Meal									
Beef Pot Roast w/Gravy 3oz	201	12.5	5.0	2	19	145	0	150	beef, chuck, eye roast, raw onions, yellow, fresh, diced, medium, 1/2" celery, fresh, diced, medium, 1/2" carrot cello pack fresh: 48/1 lb garlic cloves, peeled, fresh * oil, cooking spray, high yield base, beef, low sodium, gluten free, minors flavoring, kitchen bouquet rosemary, fresh thyme, fresh * water tomatoes, diced in juice, no added salt, ang mia, canned oil, cooking spray, high yield cornstarch water, hot broth, beef, bag in a box, concentrate x 20, savory, 4.5 l * cornstarch water
Cali Blend Veg	18	0.2	0.0	4	1	23	1	164	broccoli, fresh, florets, 1" carrots, fresh, sliced, 1/2" cauliflower, fresh, florets, 1"
Garden Sld	16	0.2	0.0	3	1	12	1	194	lettuce, romaine, fresh, shredded carrots, fresh, julienne sliced lettuce, salad mix, spring (mesclun) cucumbers, fresh, peeled, small diced, 1/4" cabbage, red, pre-shredded, fresh tomato grape frsh
Mashed Potatoes	100		0.4	18	2	65	2	305	potatoes, pre-peeled, fresh, quartered * water, boiling milk, whole * oil, olive salt, kosher
Fruit Cup	34	0.2	0.0	9	1	8	1	167	honeydew melon, fresh, cubed, 1/2" grapes, red seedless, fresh cantaloupe, medium, fresh, diced, 1/2" strawberries, fresh, capped, halved
Brownie	176	5.1	2.3	31	2	136	1	125	water mix brownie chocolate ztf 6/6 lb (11314) oil, cooking spray, grilling sugar, powdered
Roasted Salmon Meal									
Roasted Salmon 3oz	166	7.8	1.2	0	23	344	0	556	oil, olive salt, sea fish, salmon, atlantic, wild, fillet, fresh
Asparagus	33	1.3	0.1	5	3	61	2	240	asparagus, fresh oil, canola seasoning, really ranch, salt free, spiceology, bulk juice, lemon, bulk salt, kosher
Brown Rice	113	1.0	0.2	24	2	4	1	78	rice, brown, dry water
Garlic Breadstick	88	3.0	1.5	13	3	144	1	50	dough, breadsticks, french, 1 oz spice, garlic, granulated butter, melted spice, oregano, dried, crushed * parsley, fresh, chopped
Grapes	54	0.1	0.0	14	1	2	1	150	grapes, red seedless, fresh
Angel Food Cake w/Strawber	156	5.2	5.0	26	2	142	1	91	cake, angel food, 8", sara lee strawberries, fresh, quartered whipped topping, on top
Vegetable Lasagna Meal									
Vegetable Lasagna	277	14.3	6.8	23	15	415	2	353	cottage cheese, 4%, daisy, bulk butter, melted flour, all purpose spice, pepper, white, ground * salt, kosher milk, skim * cheese, parmesan, grated cheese, swiss, loaf, shredded * spice, garlic powder spice, oregano, dried, crushed * spice, basil, leaves, dried, crushed spice, nutmeg, ground onions, yellow, fresh, diced, medium, 1/2" garlic cloves, peeled, fresh, chopped spinach, fresh, chopped oil, canola peppers, bell, red, fresh, diced, small, 1/4" broccoli, fresh, pieces, 1/2" water, boiling carrots, fresh, small diced, 1/4" * cheese, mozzarella, whole milk, pre-shredded oil, cooking spray * pasta sheets, lasagna, frozen mushroom button fresh: 1/10 lb
Green Beans	25	0.2	0.0	6	1	1	3	144	beans, green, cut, frozen
Garden Sld	16	0.2	0.0	3	1	12	1	194	lettuce, romaine, fresh, shredded carrots, fresh, julienne sliced lettuce, salad mix, spring (mesclun) cucumbers, fresh, peeled, small diced, 1/4" cabbage, red, pre-shredded, fresh tomato grape frsh
Garlic Breadstick	88	3.0	1.5	13	3	144	1	50	dough, breadsticks, french, 1 oz spice, garlic, granulated butter, melted spice, oregano, dried, crushed * parsley, fresh, chopped
Pears	62	0.0	0.0	17	0	10	1	46	pears, diced, juice pack, 4 oz, pc
Brownie	176	5.1	2.3	31	2	136	1	125	water mix brownie chocolate ztf 6/6 lb (11314) oil, cooking spray, grilling sugar, powdered
Baked Cod Meal									
Baked Cod 4oz	85	0.5	0.1	2	17	330	1	256	seasoning, garlic herb, salt free * fish, pacific cod, fillets, 4 oz, frozen-iqf
Broccoli	29	0.3	0.1	6	2	29	2	273	broccoli, fresh
White Rice	106	0.3	0.1	23	2	72	1	50	rice, white, long grain, parboiled, dry water salt, kosher
WW Dinner Roll	90	1.0	0.0	17	4	180	2	0	roll, dinner, whole wheat, 1.5 oz, fresh
Applesauce	54	0.1	0.0	14	0	3	1	94	applesauce, unsweetened, 4 oz, pc
Sugar Cookie	164	7.2	3.7	23	2	141	0	18	dough, cookie, sugar, 1.33 oz, frozen
Grilled Chicken Meal									
Grilled Chx 3oz	135	4.6	1.1	0	23	143	0	267	basil, fresh, chopped rosemary, fresh, chopped chives, fresh, chopped spice, pepper, black, ground chicken, breast, boneless, skinless, nae, 4 oz, koch, raw thyme, fresh, chopped oil, canola
Green Beans	25	0.2	0.0	6	1	1	3	144	beans, green, cut, frozen
White Rice	106	0.3	0.1	23	2	72	1	50	rice, white, long grain, parboiled, dry water salt, kosher
WW Dinner Roll	90	1.0	0.0	17	4	180	2	0	roll, dinner, whole wheat, 1.5 oz, fresh
Banana	105	0.4	0.1	27	1	1	3	422	banana, medium, 100-120 ct, fresh
Angel Food Cake w/Strawber	156	5.2	5.0	26	2	142	1	91	cake, angel food, 8", sara lee strawberries, fresh, quartered whipped topping, on top
Roasted Turkey Breast Meal									
Rst Turkey w/Chx Gravy 3oz	108	2.0	0.5	2	20	330	0	189	water, hot broth, chicken, bag in a box, concentrate x 20, savory, 4.5 l cornstarch water thyme, fresh, chopped sage, fresh, chopped rosemary, fresh, chopped oil, canola turkey, breast, skin on, petite, antibiotic free, rtc * menu less
Carrots	30	0.1	0.0	7	1	67	2	204	carrots, whole baby, fresh
Mashed Potatoes	100		0.4	18	2	65	2	305	potatoes, pre-peeled, fresh, quartered * water, boiling milk, whole * oil, olive salt, kosher

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)	Fiber (g)	Potassium (mg)	Ingredients
WW Dinner Roll	90	1.0	0.0	17	4	180	2	0	roll, dinner, whole wheat, 1.5 oz, fresh
Applesauce	54	0.1	0.0	14	0	3	1	94	applesauce, unsweetened, 4 oz, pc
Choc Chip Cookie	166	7.7	4.1	24	2	126	1	52	dough, cookie, chocolate chip, 1.33 oz, frozen
Chicken Caesar Salad Meal									
Egg/Chz on English Muffin	235	9.3	2.0	12	29	375	2	567	basil, fresh, chopped rosemary, fresh, chopped chives, fresh, chopped spice, pepper, black, ground chicken, breast, boneless, skinless, nae, 4 oz, koch, raw thyme, fresh, chopped oil, canola lettuce, romaine, fresh, chopped, 1/2" tomatoes, grape, fresh, halved cheese, parmesan, pre-shredded, fancy croutons, seasoned, bulk
Veg Soup 6floz	41	0.5	0.1	9	1	377	2	184	carrot cello pack fresh; 48/1 lb celery, fresh, small diced, 1/4" oil, canola onions, yellow, fresh, small diced, 1/4" spice, pepper, black, ground, fine water potatoes, pre-peeled, fresh, diced, 1/4" base, vegetable, gluten free, no msg, minor's *menu more * beans, green, cut, frozen okra, cut, frozen tomatoes, diced in juice, no added salt, ang mia, canned cornstarch water
Garlic Breadstick	88	3.0	1.5	13	3	144	1	50	dough, breadsticks, french, 1 oz spice, garlic, granulated butter, melted spice, oregano, dried, crushed * parsley, fresh, chopped
Grapes	54	0.1	0.0	14	1	2	1	150	grapes, red seedless, fresh
Mini Apple Pie	405	14.1	7.6	68	5	340	3	157	flour, all purpose salt, kosher baking powder * baking soda sugar, brown, light butter, unsalted cereal, oatmeal, quick, dry water, cold juice base, apple, 100%, concentrate, 5:1 * apples, sliced, water pack, canned, drained cornstarch sugar, brown, light spice, cinnamon, ground * spice, cinnamon, ground * pie shell, tart, pastry, 3" sugar, powdered spice, cinnamon, ground *
Chicken Salad Sandwich Meal									
Chx Salad on WW Bread	392	12.6	2.8	28	40	503	4	320	chicken, diced, dark/white, 80/20, low sodium, fc, frozen basil, fresh, chopped parsley, italian, fresh, chopped * vinegar, red wine thyme, fresh, chopped spice, paprika, ground mayonnaise, light, kraft yogurt, plain, fat free, yoplait, 32 oz bread, whole wheat, slice, .88 oz, alpha
Chx Salad on White Bread	403	13.5	3.2	30	37	481	2	391	chicken, diced, dark/white, 80/20, low sodium, fc, frozen basil, fresh, chopped parsley, italian, fresh, chopped * vinegar, red wine thyme, fresh, chopped spice, paprika, ground mayonnaise, light, kraft yogurt, plain, fat free, yoplait, 32 oz bread, white, slice, 1 oz, local
Tomato Basil Soup 6floz	67	4.5	0.6	7	1	212	3	285	oil, olive, extra virgin onions, yellow, fresh, small diced, 1/4" celery, fresh, diced, medium, 1/2" carrots, fresh, small diced, 1/4" * garlic cloves, peeled, fresh, chopped sugar, granulated seasoning, garlic herb, salt free * spice, oregano, dried, crushed * salt, kosher water base, vegetable, gluten free, no msg, minor's *menu more * tomato puree, canned tomatoes, diced in juice, no added salt, ang mia, canned basil, fresh, chopped
Mandarin Oranges	34	0.0	0.0	9	1	5	1	123	orange, mandarin sections, juice pack, canned, drained
Banana Pudding Parfait	153	6.4	3.7	23	0	131	0	17	pudding, banana, canned rtu whipped topping, on top cookies, vanilla wafer, crumbled
Cottage Cheese & Fruit Plate Meal									
Cottage Chz & Fruit Plate	187	1.6	0.8	30	16	472	3	506	cottage cheese, lowfat, 1% cantaloupe, medium, fresh, diced, 1/2" strawberries, fresh, capped, sliced, 1/4" pineapple, fresh, cubed, 1/2" grapes, red seedless, fresh
Chx Ndle Soup 6floz	102	3.6	0.5	13	5	437	1	173	carrot cello pack fresh; 48/1 lb onions, yellow, fresh, small diced, 1/4" celery, fresh, small diced, 1/4" oil, canola flour, all purpose water base, chicken, all natural, gluten free, minors * pasta, egg noodles, extra wide, dry spice, bay leaf * spice, allspice, ground salt, kosher spice, pepper, white, ground * chicken, pulled, dark/white, 65/35, fc parsley, fresh, chopped
Garden Sld	16	0.2	0.0	3	1	12	1	194	lettuce, romaine, fresh, shredded carrots, fresh, julienne sliced lettuce, salad mix, spring (mesclun) cucumbers, fresh, peeled, small diced, 1/4" cabbage, red, pre-shredded, fresh tomato grape frsh
Dinner Roll	75	1.3	0.4	13	2	128	1	45	dough, roll, homestyle, 1 oz, frozen
Oatmeal Raisin Cookie	159	6.7	3.9	23	2	135	1	67	dough, cookie, oatmeal raisin, 1.33 oz, frozen
A'la Carte									
Cereals									
Cheerios	72	1.3	0.3	14	2	97	2	123	cereal, cheerios, bowl, pc
Raisin Bran	110	0.5	0.0	28	3	120	4	160	cereal, raisin bran, bowl, 1.25 oz, pc
Yogurts									
Lt Peach Yogurt	77	0.3	0.2	15	5	74	0	261	yogurt, peach, light, yoplait, 6 oz, pc
Lt Strawberry Yogurt	78	0.3	0.2	15	5	74	0	258	yogurt, strawberry, lite, yoplait, 6 oz, pc
LF Van Yogurt	148	2.0	1.2	28	6	90	0	268	yogurt, vanilla, french, yoplait, 6 oz, pc
Blueberry Greek Yogurt	110	0.0	0.0	16	11	55	1	188	yogurt, blueberry, greek, chobani, 5.3 oz, pc
Plain FF Greek Yogurt	60	0.0	0.0	4	11	43	0	188	yogurt, plain, greek, fat free, chobani, bulk
Van Greek Yogurt	110	0.0	0.0	15	12	60	0	188	yogurt, vanilla, greek, chobani, 5.3 oz, pc
Fruit & Yogurt Parfait	135	3.6	0.3	23	4	48	3	271	cereal, granola, no raisins, lowfat, bulk seeds, flax seeds, golden, ground honeydew melon, fresh, cubed, 1/2" grapes, red seedless, fresh cantaloupe, medium, fresh, diced, 1/2" strawberries, fresh, halved yogurt, vanilla, low fat, parfait, 64 oz, pouch
Bakery									
Blueberry Muffin	134	1.4	0.3	29	2	268	0	3	blueberries, unsweetened, frozen-icq flour, all purpose water mix muffin low fat variety 6/4.5 lb
Bagel	180	1.0	0.0	36	6	280	1	60	bagel, plain, 2.3 oz, frozen
WW English Muffin	120	1.0	0.0	23	5	230	3	90	english muffin, whole wheat, 2 oz
Plain English Muffin	150	1.0	0.0	30	5	180	1	60	english muffin, plain, 2 oz
Soups									
Chx Ndle Soup 12floz	203	7.2	1.1	26	9	874	3	347	carrot cello pack fresh; 48/1 lb onions, yellow, fresh, small diced, 1/4" celery, fresh, small diced, 1/4" oil, canola flour, all purpose water base, chicken, all natural, gluten free, minors * pasta, egg noodles, extra wide, dry spice, bay leaf * spice, allspice, ground salt, kosher spice, pepper, white, ground * chicken, pulled, dark/white, 65/35, fc parsley, fresh, chopped
Chx Ndle Soup 6floz	102	3.6	0.5	13	5	437	1	173	carrot cello pack fresh; 48/1 lb onions, yellow, fresh, small diced, 1/4" celery, fresh, small diced, 1/4" oil, canola flour, all purpose water base, chicken, all natural, gluten free, minors * pasta, egg noodles, extra wide, dry spice, bay leaf * spice, allspice, ground salt, kosher spice, pepper, white, ground * chicken, pulled, dark/white, 65/35, fc parsley, fresh, chopped

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)	Fiber (g)	Potassium (mg)	Ingredients
Three Bean Chili Soup 12floz	300	6.6	0.6	48	15	470	17	1006	beans, kidney, dry beans, navy, dry beans, black, dry water spice, bay leaf * salt, kosher peppers, bell, green, fresh, diced, small, 1/4" peppers, bell, red, fresh, diced, small, 1/4" onions, yellow, fresh, small diced, 1/4" garlic cloves, peeled, fresh, chopped oil, canola tomatoes, roma, fresh, small diced, 1/4" spice, chili powder * spice, oregano, dried, crumbled spice, pepper, red chili, crushed, flakes salt, kosher cilantro, fresh, chopped onions, green, scallion, bunch, fresh, sliced, 1/4"
Three Bean Chili Soup 6floz	150	3.3	0.3	24	8	235	8	503	beans, kidney, dry beans, navy, dry beans, black, dry water spice, bay leaf * salt, kosher peppers, bell, green, fresh, diced, small, 1/4" peppers, bell, red, fresh, diced, small, 1/4" onions, yellow, fresh, small diced, 1/4" garlic cloves, peeled, fresh, chopped oil, canola tomatoes, roma, fresh, small diced, 1/4" spice, chili powder * spice, oregano, dried, crumbled spice, pepper, red chili, crushed, flakes salt, kosher cilantro, fresh, chopped onions, green, scallion, bunch, fresh, sliced, 1/4"
Tomato Basil Soup 12floz	133	9.1	1.3	13	2	424	6	569	oil, olive, extra virgin onions, yellow, fresh, small diced, 1/4" celery, fresh, diced, medium, 1/2" carrots, fresh, small diced, 1/4" * garlic cloves, peeled, fresh, chopped sugar, granulated seasoning, garlic herb, salt free * spice, oregano, dried, crushed * salt, kosher water base, vegetable, gluten free, no msg, minor's *menu more * tomato puree, canned tomatoes, diced in juice, no added salt, ang mia, canned basil, fresh, chopped
Tomato Basil Soup 6floz	67	4.5	0.6	7	1	212	3	285	oil, olive, extra virgin onions, yellow, fresh, small diced, 1/4" celery, fresh, diced, medium, 1/2" carrots, fresh, small diced, 1/4" * garlic cloves, peeled, fresh, chopped sugar, granulated seasoning, garlic herb, salt free * spice, oregano, dried, crushed * salt, kosher water base, vegetable, gluten free, no msg, minor's *menu more * tomato puree, canned tomatoes, diced in juice, no added salt, ang mia, canned basil, fresh, chopped
Veg Soup 12floz	83	1.1	0.1	18	2	753	4	368	carrot cello pack fresh; 48/1 lb celery, fresh, small diced, 1/4" oil, canola onions, yellow, fresh, small diced, 1/4" spice, pepper, black, ground, fine water potatoes, pre-peeled, fresh, diced, 1/4" base, vegetable, gluten free, no msg, minor's *menu more * beans, green, cut, frozen okra, cut, frozen tomatoes, diced in juice, no added salt, ang mia, canned cornstarch water
Veg Soup 6floz	41	0.5	0.1	9	1	377	2	184	carrot cello pack fresh; 48/1 lb celery, fresh, small diced, 1/4" oil, canola onions, yellow, fresh, small diced, 1/4" spice, pepper, black, ground, fine water potatoes, pre-peeled, fresh, diced, 1/4" base, vegetable, gluten free, no msg, minor's *menu more * beans, green, cut, frozen okra, cut, frozen tomatoes, diced in juice, no added salt, ang mia, canned cornstarch water
Beef Broth 6floz	12	0.8	0.8	2	0	617	0	2	water, hot broth, beef, bag in a box, concentrate x 20, savory, 4.5 l *
Chx Broth 6floz	16	0.8	0.0	2	0	617	0	2	water, hot broth, chicken, bag in a box, concentrate x 20, savory, 4.5 l
Veg Broth 6floz	16	0.0	0.0	4	0	291	0	42	water, hot broth, vegetable, bag in a box, concentrate x 20, savory, 4.5 l *
Breads									
WW Dinner Roll	90	1.0	0.0	17	4	180	2	0	roll, dinner, whole wheat, 1.5 oz, fresh
Dinner Roll	75	1.3	0.4	13	2	128	1	45	dough, roll, homestyle, 1 oz, frozen
Cornbread	229	8.8	2.8	36	2	223	1	5	mix, cornbread, southern style, gold medal, dry water honey, bulk oil, canola oil, cooking spray, grilling butter, unsalted, melted * honey, bulk
Garlic Breadstick	88	3.0	1.5	13	3	144	1	50	dough, breadsticks, french, 1 oz spice, garlic, granulated butter, melted spice, oregano, dried, crushed * parsley, fresh, chopped
Side Salads									
Caesar Sld	33	1.4	0.3	4	2	68	1	163	lettuce, romaine, fresh, chopped, 1/2" tomatoes, grape, fresh, halved cheese, parmesan, pre-shredded, fancy croutons, seasoned, bulk
Garden Sld	16	0.2	0.0	3	1	12	1	194	lettuce, romaine, fresh, shredded carrots, fresh, julienne sliced lettuce, salad mix, spring (mesclun) cucumbers, fresh, peeled, small diced, 1/4" cabbage, red, pre-shredded, fresh tomato grape frsh
Vegetables & Hummus	214	9.6	1.3	25	9	454	8	370	hummus, traditional, grecian delight, frozen lettuce, leaf, individual leaf, fresh celery, fresh, sticks, 3" carrots, pre-cut, stick, fresh, sticks cucumber fresh; 1/12 ct 6gm = 1 slice
Salad Dressings									
Caesar	210	23.0	4.0	1	1	400	0	0	dressing, caesar creamy, 1.5 oz, pc
French	120	11.0	1.5	5	0	250	0	0	salad dressing, french, creamy, bulk
Italian	21	1.9	0.3	1	0	128	0	10	salad dressing, italian, .44 oz, pc
Oil & Balsamic Vinegar	175	18.9	2.6	2	0	3	0	11	vinegar, balsamic oil, olive
Olive Oil	119	13.5	1.9	0	0	0	0	0	oil, olive, extra virgin
Balsamic Vinegar	13	0.0	0.0	3	0	3	0	17	vinegar, balsamic
Ranch	45	4.5	0.5	1	0	120	0	0	salad dressing, ranch, 12 gm, pc
Honey Dijon Balsamic Vinaigr	139	10.9	0.8	11	0	33	0	12	vinegar, balsamic vinegar, red wine salt, kosher mustard, dijon shallots, peeled, fresh, chopped, 1/4" honey, bulk oil, canola spice, pepper, black, ground basil, fresh, chopped oil, canola
Balsamic Vinaigr	57	4.7	0.5	5	0	190	0	0	salad dressing, balsamic, bulk
Fruits									
Apple	68	0.2	0.0	18	0	1	3	140	apples, red delicious, 125 count, fresh
Applesauce	54	0.1	0.0	14	0	3	1	94	applesauce, unsweetened, 4 oz, pc
Banana	105	0.4	0.1	27	1	1	3	422	banana, medium, 100-120 ct, fresh
Fruit Cup	34	0.2	0.0	9	1	8	1	167	honeydew melon, fresh, cubed, 1/2" grapes, red seedless, fresh cantaloupe, medium, fresh, diced, 1/2" strawberries, fresh, capped, halved
Grapes	54	0.1	0.0	14	1	2	1	150	grapes, red seedless, fresh
Orange	97	0.2	0.0	24	2	0	5	373	orange, 88 count, fresh
Drained Mandarin Oranges	70	0.0	0.0	16	1	0	1	120	oranges, mandarin, juice pack, 4 oz, pc
Peaches	60	0.0	0.0	14	1	0	1	94	peaches, diced, juice pack, 4 oz, pc
Pears	62	0.0	0.0	17	0	10	1	46	pears, diced, juice pack, 4 oz, pc
Stewed Prunes	66	0.1	0.0	17	1	1	2	199	prunes, juice pack, pitted, canned, including liquids
Desserts									
Angel Food Cake w/Strawber	156	5.2	5.0	26	2	142	1	91	cake, angel food, 8", sara lee strawberries, fresh, quartered whipped topping, on top
Brownie	176	5.1	2.3	31	2	136	1	125	water mix brownie chocolate ztf 6/6 lb (11314) oil, cooking spray, grilling sugar, powdered

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)	Fiber (g)	Potassium (mg)	Ingredients
Banana Pudding Parfait	153	6.4	3.7	23	0	131	0	17	pudding, banana, canned rtu whipped topping, on top cookies, vanilla wafer, crumbled
Carrot Cupcake	398	18.7	11.1	54	5	389	0	72	water mix, cake, white, gold medal carrots, pre-shredded, fresh flavoring, extract, vanilla pure spice, cinnamon, ground * spice, nutmeg, ground spice, ginger, ground butter, unsalted milk, skim * cream cheese, bulk sugar, powdered flavoring, extract, vanilla, imitation * spice, cinnamon, ground *
Mini Apple Pie	405	14.1	7.6	68	5	340	3	157	flour, all purpose salt, kosher baking powder * baking soda sugar, brown, light butter, unsalted cereal, oatmeal, quick, dry water, cold juice base, apple, 100%, concentrate, 5:1 * apples, sliced, water pack, canned, drained cornstarch sugar, brown, light spice, cinnamon, ground * spice, cinnamon, ground * pie shell, tart, pastry, 3" sugar, powdered spice, cinnamon, ground *
Choc Chip Cookie	166	7.7	4.1	24	2	126	1	52	dough, cookie, chocolate chip, 1.33 oz, frozen
Oatmeal Raisin Cookie	159	6.7	3.9	23	2	135	1	67	dough, cookie, oatmeal raisin, 1.33 oz, frozen
Sugar Cookie	164	7.2	3.7	23	2	141	0	18	dough, cookie, sugar, 1.33 oz, frozen
Cherry Gelatin, No Whip	77	0.0	0.0	18	2	95	0	3	gelatin mix, cherry gelatin mix, plain, unflavored water, boiling water, ice cold
Citrus Gelatin, No Whip	77	0.0	0.0	18	2	95	0	3	gelatin mix, plain, unflavored gelatin mix, assorted citrus water, boiling water, ice cold
Lemon Gelatin, No Whip	77	0.0	0.0	18	2	95	0	3	gelatin mix, lemon gelatin mix, plain, unflavored water, boiling water, ice cold
Lime Gelatin, No Whip	77	0.0	0.0	18	2	95	0	3	gelatin mix, lime gelatin mix, plain, unflavored water, boiling water, ice cold
Orange Gelatin, No Whip	77	0.0	0.0	18	2	95	0	3	gelatin mix, orange gelatin mix, plain, unflavored water, boiling water, ice cold
SF Citrus Gelatin, No Whip	10	0.0	0.0	1	2	8	0	2	gelatin mix, plain, unflavored gelatin mix, diet, assorted citrus water, boiling water, ice cold
Lime Gelatin, No Whip	77	0.0	0.0	18	2	95	0	3	gelatin mix, lime gelatin mix, plain, unflavored water, boiling water, ice cold
Orange Gelatin, No Whip	77	0.0	0.0	18	2	95	0	3	gelatin mix, orange gelatin mix, plain, unflavored water, boiling water, ice cold
SF Citrus Gelatin, No Whip	10	0.0	0.0	1	2	8	0	2	gelatin mix, plain, unflavored gelatin mix, diet, assorted citrus water, boiling water, ice cold
Choc Pudding	130	2.0	1.5	24	3	140	1	238	pudding, chocolate, kozy, 4 oz, pc
SF Choc Pudding	70	3.5	2.0	14	1	115	2	140	pudding, chocolate, sugar free, snack pack, 3.25 oz, pc
Van Pudding	120	2.0	1.5	22	2	140	0	137	pudding, vanilla, kozy, 4 oz, pc
SF Van Pudding	60	3.0	1.5	11	0	105	1	0	pudding, vanilla, sugar free, snack pack, 3.25 oz, pc