

Spring Menu 2021 Nutrition Chart	Product Name	Allergens	Serving Size (oz)	Calories	Total Fat (g)	Sat Fat (g)	Trans fats (g) * less than .5 grams per serving	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Gluten Free Ingredients
	Bob's Smoked Ham, Boneless		4	129	0.8	0	0	32.4	755.3	15.8	0	10.8	16.2	Y
	3-Cheese Mac & Cheese w/ Smk Salmon	Wheat, Milk, Fish (Salmon)	4	220	13	8	0	40	550	15	<1	4	12	N
	Cheesy Mac & Cheese w. Smk Pork	Wheat, Milk	4	210	10	6	0	30	470	20	<1	6	10	N
	Cheesy Mac & Cheese w/ Smk Chicken	Wheat, Milk	4	190	8	6	0	40	510	17	<1	6	11	N
	Honey Crusted Ham, Boneless		4	166	5.2	1.6	0	51	791	14	0.1	13.5	16.8	Y
	Pork Loin w/Sherry Wine Demi Sauce	Wheat, Soy, Milk	4	158	5	1.3	0	48	696	3	0.1	1	22	N
	Prime Rib	Wheat, Soy, Milk	4	310	21.3	9	0	79	213.7	1.8	0	1	25.1	N
	Crab Stuffed Salmon	Milk, Egg, Soy, Wheat, Fish, Shellfish	4	260	18	5	0	55	290	5	0	2	18	N
	Florentine Stuffed Salmon	Milk, Egg, Soy, Wheat, Fish, Shellfish	4	210	11	2	0	65	380	6	<1	0	21	N
	Single Meal - Ham	Wheat, Milk, Soy, Egg	1ea	792	23.2	11.1	0.7	98.6	2500	103.7	5.9	52.4	42.1	N
	Smoked Turkey- Pineapple Dijon Glz		4	175	6.4	2.1	0	59.3	730.3	1	0.1	0.8	29.7	Y
	Holiday Sides													
	California Veggie Blend	Milk	4	175	13.2	2.5	*	7	243.3	9.5	2.4	2.7	1.9	Y
	Carrots, Honey Glazed		4	88	0.3	0.1	0	0	458	21.7	2.8	15	0.9	Y
	Classic Green Bean Casserole	Wheat, Milk, Soy	4	110	7.2	3.1	0	6.8	588	8.3	1.7	1.2	3	N
	Fresc Mini Penne	Wheat	4	160	5	1.5	0	0	410	22	2	3	6	N
	Fresh Roasted Asparagus	Milk	4	70	5	3	0	15	50	4	2	2	2	Y
	Gourmet 3-Cheese White Mac 'n Cheese	Wheat, Milk	4	217	12.5	8.9	*	36	584.9	15.7	0.7	2.6	9.7	N
	Seasoned Green Beans	Milk	4	114	9.4	3.9	0	14.7	257.6	4.2	0	2.3	2.4	Y
	Praline Sweet Pot Cass	Milk, Nut(Pecans)	4	259	11.3	1.8	0.8	19.3	110.5	38.7	3.4	18	2.2	Y
	Red Skin Potato Wedges		4	115	4.6	0.5	0	0	319.1	17.6	2.1	1.1	2.1	Y
	Roasted Brussel Sprout Medley		4	100	6	1	0	0	170	10	4	3	3	Y
	White Cheddar Cheesy Corn Bake	Milk	4	150	7	3.5	0	15	290	16	2	4	5	Y
	Holiday Gravies, Glazes, Sauces													
	Honey Pineapple Glaze		1	73	0	0	0	0	7.2	18.7	0	18.4	0	Y
	Horseradish Sauce	Milk, Wheat, Soy	1	47	3.7	2.2	0	18.4	221.7	2.3	0	2.2	0.8	Y
	Pineapple Dijon Glaze		1	63	0	0	0	0	162.6	14.4	0	14.1	0	Y
	Sherry Wine Demi-Glaze	Milk	1	21	0.5	0.3	0	0.4	160.6	3.5	0	0	0.4	Y
	Brunch Classics													
	Frittata-Bacon Swiss	Milk, Egg	4oz.	206	15	8.2	*	192	644	4.2	0.2	1.9	13	Y
	Frittata-Florentine Feta & Tomato	Milk, Egg	4oz.	161	10.8	5.5	*	219.6	189	6	0.5	1.8	8.3	Y
	Frittata-Ham & Broccoli	Milk, Egg	4oz.	170	12.3	6.4	*	183	331	4.1	0.5	1.6	10.1	Y
	Quiche-Bacon Swiss	Wheat, Milk, Egg	4oz.	292	20.3	8.5	*	150	638	15.2	0.6	1.5	11.8	N
	Quiche-Florentine Feta & Tomato	Wheat, Milk, Egg	4oz.	247	16	7.2	*	169	222.6	16.7	1.7	1.9	7.9	N
	Quiche-Ham & Broccoli	Wheat, Milk, Egg	4oz.	336	22.8	8.1	0	121	445	22.8	1	1.1	9.5	N
	Hearty Sausage & Bacon Farmhouse	Milk, Egg, Soy	4oz.	241	17.6	7.6	*	179.5	754.7	6	0.4	0.9	14.5	Y
	Praline Pecan Berry French Toast	Milk, Egg, Soy, Wheat, Nut(Pecan), Sesame Seed	4oz.	244	10.3	4	*	93.2	269.2	33.3	1.2	19.6	5.3	N
	Strata- 4 Cheese Veggie	Milk, Wheat, Soy, Sesame Seed	4oz.	214	12.9	3.7	*	166.1	393.3	10.6	0.7	1.8	9.5	N
	Ambrosia Salad	Milk, Nut (Coconut)	4 oz.	188	10.4	8.5	0	12	38	23	0.7	19	0.8	Y
	Broccoli Grape Salad	Milk, Egg, Nut(Almonds)	4 oz.	250	18.3	4	0	17	163	15	2	11	4	Y
	Texas Potatoes	Milk, Soy	4 oz.	160	8	4.5	0	30	400	17	1	3	5	Y