

UP Health System/Portage Cafe

Served Daily: *Soup of the Day & Fresh Salad Bar*

Well Being Meal Options/ *WB*

Monday, March 20, 2017

Pizza Casserole...\$3.50
Salmon w/Sundried Tomato Pesto...\$4.50
Steamed Veggies...\$1.00
Roasted Veggies...\$1.00
Garlic Toast...\$1.00
Wild Rice Blend...\$1.00
Cheeseburger...\$3.50
Onion Rings...\$1.25
Soups: Chicken and Wild Rice
Vegetable with Shell Pasta

Tuesday, March 21, 2017

Pork Fried Rice...\$3.50
Roast Turkey...\$3.50/*WB*
Stuffing...\$1.00
Roasted Root Veggies with Kale...\$1.00/*WB*
Steamed Veggies...\$1.00/*WB*
Roasted Veggies...\$1.00
Grilled Cheese...\$2.50
Tater Tots...\$1.25
Soups: Tomato Basil
Loaded Baked Potato Soup

Wednesday, March 22, 2017

Turkey Chili in Bread Bowl...\$3.50
Italian Herb Chicken Breast...\$3.50
Cole Slaw...\$1.00
Roasted Potatoes...\$1.00
Steamed Veggies...\$1.00
Roasted Veggies...\$1.00
Fish Nuggets...\$2.50
Baked Sweet Potato Wedges...\$1.25
Soups: Broccoli Cheese
Thai Chicken and Rice

Thursday, March 23, 2017

Shredded BBQ Chicken Quesadilla...\$3.50
Lemon Pepper Cod...\$4.00/*WB*
Steamed Veggies...\$1.00/*WB*
Roasted Veggies...\$1.00
Potato Salad...\$1.00
Orzo Pasta with Lemon and Kale...\$1.00/*WB*
Chicken Tenders...\$3.50
Waffle Fries...\$1.25
Soups: Split Pea with Ham
Wisconsin Cheese

Friday, March 24, 2017

Tuna Noodle Casserole...\$3.50
Seasoned Beef Brisket ...\$3.75
Breadstick...\$1.00
Garlic Mashed Potatoes...\$1.00
Roasted Veggies...\$1.00
Steamed Veggie...\$1.00
Cheese Quesadilla...\$2.50
Soup: Chicken Noodle
Red Pepper Smoked Gouda Bisque

Grab-N-Go: Chicken & Veggie Wrap
Chickpea, Lemon and Herb Salad
Ham and Ranch Pinwheels

Café Hours

Breakfast—7:00am-10:30am
Lunch—11:00am-1:30pm
Dinner—5:00pm-6:30pm

Cycle 2 Week 1

Well Being Meal for Tuesday,

Roast Turkey (4 oz.: 140 calories, 20 g protein, 6 g fat, 1.5 g saturated fat, 600 g sodium, 1 g carbohydrate, 1 g sugar)

Root Vegetables and Kale & Parsley (½ cup serving: 43 calories, 1 g protein, 0 g fat, 55 g sodium, 3 g fiber, 10 g carbohydrate, 5 g sugar)

Steamed Veggies (½ cup serving: 59 calories, 2.5 g protein, 32 g sodium, 4 g fiber, 11 g carbohydrate, 3 g sugar)

Nutrition Facts (entire meal): 242 calories, 23.5 g protein, 6 g fat, 1.5 g saturated fat, 687 g sodium, 7 g fiber, 22 g carbohydrate, 9 g sugar

1 ½ (1.4) Carbohydrate Exchanges

Well Being Meal for Thursday,

Lemon Pepper Cod (8 oz.: 238 calories, 51 g protein, 2 g fat, 317 g sodium)

Orzo Pasta with Lemon & Parsley: (½ cup serving: 210 calories, 7 g protein, 1 g fat, 2 g fiber 41 g carbohydrate, 2 g sugar)

Steamed Veggies (½ cup serving: 59 calories, 2.5 g protein, 32 g sodium, 4 g fiber, 11 g carbohydrate, 3 g sugar)

Nutrition Facts (entire meal): 507 calories, 60.5 g protein, 3 g fat, 349 g sodium, 6 g fiber, 52 g carbohydrate, 5 g sugar

3 ½ (3.4) Carbohydrate Exchanges