

UP Health System/Portage Cafe

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

Well Being Meal Options= *WB*. Nutrition information below

Monday, March 27, 2017

Pecan Crusted Tilapia...\$3.50
Chicken Enchilada Casserole...\$3.50
Steamed Veggies...\$1.00
Roasted Veggies...\$1.00
Pinto Beans...\$1.00
Roasted Red Skin Potatoes...\$1.00
Pizza...\$3.00
Soups: Italian Wedding
Roasted Poblano Pepper White Cheddar

Tuesday, March 28, 2017

Citrus Salmon...\$4.50/*WB*
Sweet and Sour Chicken...\$3.50
Brown Rice...\$1.00/*WB*
Roasted Maple Sweet Potatoes...\$1.00
Steamed Veggies...\$1.00/*WB*
Roasted Veggies...\$1.00
Vegetable Eggroll...\$1.50
Soups: Broccoli Cheese
Thai Style Chicken and Rice

Wednesday, March 29, 2017

Baked Potato Bar with Choice of 2 toppings...\$3.50
(Ham, Bacon, Turkey, Corn or Broccoli)
Grilled Bourbon Glazed Chicken...\$3.50
Wild Rice Blend...\$1.00
Steamed Corn...\$1.00
Roasted Broccoli...\$1.00
Cheese Quesadilla...\$2.50
Soups: Chicken with Wild Rice
Butternut Squash

Thursday, March 30, 2017

Rotisserie Seasoned Chicken Breast...\$3.50/*WB*
Shrimp & Andouille Jambalaya...\$4.00
Breadstick...\$1.00
Red Beans and Rice...\$1.00/*WB*
Steamed Veggies...\$1.00/*WB*
Roasted Veggies...\$1.00
Grilled Cheese...\$2.50
Sweet Potato Waffle Fries...\$1.25
Soups: Buffalo Chicken Blue Cheese
Roasted Red Pepper Gouda Bisque

Friday, March 31, 2017

Broccoli Beef...\$3.75
House Made Black Bean Burger...\$3.50
Steamed Veggies...\$1.00
Roasted Veggies...\$1.00
Brown Rice...\$1.00
Potato Salad...\$1.00
Fish Nuggets...\$2.50
Tater Tots...\$1.25
Soups: Portabella Mushroom Barley
Loaded Potato

Grab-N-Go: Turkey and Swiss Sub
Quinoa Salad with Dried Fruit & Nuts
Bacon Tabasco Pinwheels

Café Hours

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

Cycle 2 Week 2

Well Being Meal for Tuesday

Citrus Salmon (6 oz.: 355 calories, 42 g protein, 15 g fat, 445 g sodium, 9 carbohydrate, 9 g sugar)

Brown Rice (½ cup serving: 124 calories, 3 g protein, 4 g sodium, 1.5 g fiber, 26 g carbohydrate)

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): 538 calories, 46.5 g protein, 15 g fat, 481 g sodium, 5.5 g fiber, 22 g carbohydrate, 12 g sugar

1 ½ (1.4) Carbohydrate Exchanges

Well Being Meal for Thursday

Rotisserie Chicken Breast (6 oz.: 241 calories, 45 g protein, 5 g fat, 238 g sodium)

Red Beans & Rice (½ cup serving: 100 calories, 3.5 g protein, 0.5 g fat, 1.5 g saturated fat, 265 g sodium, 3 g fiber, 20.5 g carbohydrate)

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): 400 calories, 51 g protein, 5.5 g fat, 1.5 g saturated fat, 535 g sodium, 7 g fiber, 31.5 g carbohydrate, 3 g sugar

2 (2.1) Carbohydrate Exchanges