

Spring Menu 2024 Nutrition Chart	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
Holiday Entrees													
Bob's Smoked Ham, Boneless		4	129	0.8	0	0	32.4	755.3	15.8	0	10.8	16.2	Y
Braised Beef Brisket		4	220	7	2.5	0	90	780	7	0	4	32	Y
Honey Crusted Ham, Boneless		4	166	5.2	1.6	0	51	791	14	0.1	13.5	16.8	Y
Marry Me Chicken	Milk	1pc	400	18	7	0	135	1240	15	2	7	44	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
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													
4-Cheese Broccoli Gratin	Wheat Milk,	4	190	13	6	0	30	600	11	1	3	7	N
Carrots, Honey Glazed		4	88	0.3	0.1	0	0	458	21.7	2.8	15	0.9	Y
Steakhouse Creamed Spinach	Milk	4	170	11	5	0	25	540	12	2	2	5	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
Creamy Red Potato Salad	Egg	4	270	20	3	0	70	370	17	2	2	4	Y
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
Garlic Parmesan Linguini	Wheat	4	230	10	1	0	0	640	31	2	2	5	N
Gourmet 3-Cheese White Mac 'n Chee	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
Smoked Gouda Potato Au Gratin	Wheat, Milk	4	190	12	8	0	35	620	13	<1	2	8	N
Holiday Gravies, Glazes, Sauces													
Bordelaise Sauce		1	20	0	0	0	0	400	4	0	2	0	Y
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
Frittata-Meatlovers	Milk, Egg	4oz.	190	14	6	0	190	370	4	0	3	11	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
Quiche-Meatlovers	Wheat, Milk, Egg	4oz.	250	17	7	0	155	340	13	1	3	10	N
Bake-Oatmeal Chocolate Chip	Milk, Egg	4oz.	360	23	12	*	105	220	33	4	22	6	Y
Bake-Oatmeal Lemon Blueberry	Milk, Egg	4oz.	330	21	11	0.5	130	310	28	4	18	6	Y

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Bake-Bourbon Pecan Bacon Waffle	Milk, Egg, Soy, Wheat, Nut (Pecan)	4oz.	270	10	3	0	85	290	39	2	23	6	N
Bake-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
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(Almond)	4 oz.	250	18.3	4	0	17	163	15	2	11	4	Y