



Dear Students, Faculty and Staff,

My name is Manuel Lorenzo and I am the General Manager at Grossmont College Restaurant Services managed by Sodexo Campus Services.

Chef Kim Collins in the kitchen and Assistant Manager Kyle Micken in the front of the house are assisting me in his task. We have hired a group of professionals to enhance your dining experience in this dynamic setting.

Upon coming to Grossmont College, my goal is to serve you with great quality food, a fun experience while dining in the College Student Center, cater to your needs in a unique and fun way, and most of all to be part of the Grossmont College family.

Please feel free to contact me with your suggestions and comments.

I can be reached at Manuel.Lorenzo@sodexo.com or at 619.453.4633.

DINING AT GROSSMONT

WELCOME TO GROSSMONT COLLEGE RESTAURANT SERVICES!

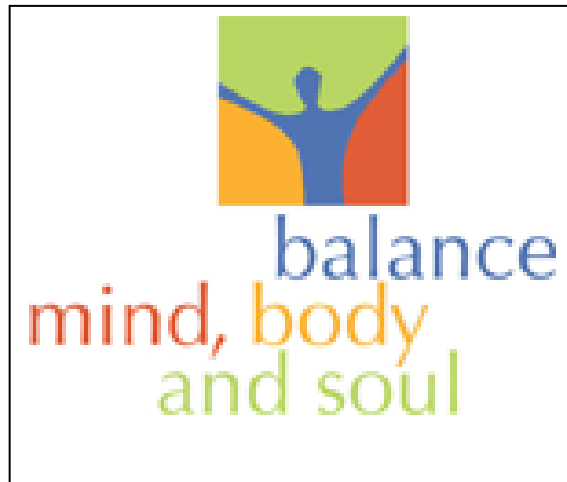
Tasty, healthy, fresh, convenient, restaurant quality food, prepared to order is critical to the success of restaurant services on Grossmont College's campus. The approach we are taking is a refreshing and unique departure from the typical college food service.

We offer restaurant quality food defined by taste, temperature and appearance with flexible menus tailored to our customers' preferences, in a formal that is customer convenient.

We hope this site gives you a "taste" of what we have to offer.

We are committed to offering you with a wide variety of menu options at every meal. Just take a look through our website at all the special services available...They are certain to spark your appetite, satisfy

We are a "scramble-type" operation featuring four different concepts: La Vincita's, Ultimate Baja, Stacks and Smart Market.



WHAT KIND OF FOODS YOU WILL FIND

Balance mind, body and soul is more than just a concept, is a way of life. While you are visiting us, please take a closer look at the surroundings, choose what you are eating and choose the food that has the most nutritional value in it.

We pride in serving you with a wide variety of options of flavorful food.

Please visit www.balancemindbodysoul.com for more information.



LA VINCITA

Treat yourself from time to time. We are offering fresh made pizza, calzone and a variety of pasta and Italian specials and combos which include salad and drink.

La Vincita

Pizza

3 Cheese 1.99
Pepperoni 1.99
Roasted Veggie 1.99
Buffalo Chicken 2.29
Spinach & Bacon 2.29
Supreme 2.49

Combo

2 Pepperoni with Beverage 4.99
2 Cheese w/ Beverage 4.89

Extra's

Breadsticks 1.29
Choc Chip Cookies .99

ULTIMATE Baja



ULTIMATE BAJA

Are you in the mood for a Beef or Chicken Machaca? How about some Fish tacos or just a quesadilla? These items are included in our daily menu and we offer many other Mexican specials.

Ultimate Baja

Beef or Chicken burrito 5.49
Beef or Chicken Taco (3) 4.19
Single taco \$ 1.49
Beef Quesadilla 4.19
Cheese Quesadilla 3.79
Beef or Chicken Chimichanga 3.99
Taco Salad Supreme 4.59
Tortilla Chips 1.29
Guacamole 1.19
Black Beans \$1.09
Lime Cilantro Rice \$1.09
Sour Cream \$0.99



STACKS

“Stacks” is our deli option. We will prepare your sandwich to order, with a variety of breads, cheese, meats and vegetarian options. You can compliment your favorite sandwich with a fresh made soup and a salad prepared right as you order it.

Stacks

Ham and Cheese Sub. (3 oz. meat 1 oz. cheese)	\$ 3.29
Turkey and Cheese Sub. (3 oz. meat 1 oz. cheese)	\$ 4.19
Vegetarian Sub (3 oz. vegetables 1 oz. cheese)	\$ 3.39
Roast Beef and Cheese Sub (3 oz. meat 1 oz. cheese)	\$ 4.39
Cheese Sub (4 oz. cheese)	\$ 2.99
BLT Sub (6 strips of bacon & 1 oz. cheese)	\$ 3.69
Italian Sub (3 oz. meat 1 oz. cheese)	\$ 4.29
Tuna Salad Sub (3 oz. tuna 1 oz. cheese)	\$ 4.19
Extra Meat (1.5 oz)	\$ 1.49
Extra Cheese (1 oz)	\$.40

Sub toppings include choice of: banana peppers, black olives, lettuce, tomato, red onion, green peppers, jalapeno peppers, and pickles.

All subs are served on sub buns in your choice of white or wheat.

Cheese choices include: American, Domestic Swiss, Pepper jack, Provolone.



SMART MARKET

“Smart Market” is one of our concepts and it has evolved into what soon will be called “Simply to go”.

We understand that your time is valuable, that you are running to class or taking a short break and we want you to get everything you need, conveniently wrapped, knowing that it is fresh made, nutritious and flavorful.

Under Smart Market we have a wide selection of salads, sandwiches, microwavable foods, fruit and desserts.

Menu Items by Category

Sandwiches	Salads	Sweets
Minimum of 1 Item from this List	Minimum of 1 Item from this List	Minimum of 1 Item from this List
<ol style="list-style-type: none"> 1. Turkey Sub 2. Peanut Butter & Jelly 3. Tuna Salad on Kaiser 4. Chicken Caesar Wrap 5. Taco Salad Wrap 6. Bagel Sandwich (multiple protein options) 7. Kaiser Roll Sandwich (multiple protein options) 8. Chef's Salad Wrap 9. Turkey Club Sub 10. Grilled Vegetable Hummus Wrap 11. Grilled Vegetable Baguette 12. Bacon Chicken Ranch Wrap 13. Buffalo Chicken Wrap 14. Turkey Club Wrap 15. Italian Sub 16. Roast Beef Pub Wrap 17. Honey Mustard Chicken Wrap 18. Grilled Tuscan Chicken Sandwich 19. Turkey, Bleu & Avocado Baguette 20. California Club on Focaccia 21. Portabella Focaccia 22. Ham & Swiss on Croissant 23. Chicken Salad on Croissant 	<ol style="list-style-type: none"> 1. Chicken Caesar Salad 2. Garden Salad 3. Chef's Salad 4. Fresh Vegetable Cup 5. Caesar Salad 6. Caesar Salad Side 7. Garden Salad Side 8. Antipasto Salad 9. Tuna Nicoise Salad 10. Cobb Salad 11. Popcorn Chicken Salad 12. Greek Salad 13. Chicken BLT Salad 14. Mandarin Chicken Salad 15. Steakhouse Salad 16. Spinach Salad 17. Spring Mix Salad 18. Fruit & Yogurt Plate 19. Fruit & Cottage Cheese Plate 20. Potato Salad (side) 21. Pasta Salad (side) 22. Cheese & Fruit 23. Hummus & Pita 24. Cheese & Fruit Cup 25. Hard Boiled Eggs 	<ol style="list-style-type: none"> 1. Jell-O Cup (multiple flavors) 2. Pudding Parfait (multiple flavors) 3. Strawberry Shortcake Parfait 4. Yogurt Parfait (standard recipe) 5. Cinnamon Swirl Yogurt Parfait 6. Banana-Nut Yogurt Parfait 7. Kiwi-Pear Yogurt Parfait 8. Three Berry Yogurt Parfait 9. Oatmeal Vanilla Yogurt Parfait 10. Apple Raisin Yogurt Parfait 11. Tiramisu Yogurt Parfait 12. Pineapple Coconut Yogurt Parfait



GRILL 155

We cook your food to order and we serve it to you hot, fresh made and delicious!

Great Core Menu

- 155 Sunrise Muffin Sandwich
- 155 French Toast Sticks
- Omelets Wrap
- 155 Quarter Pound Burgers
- 155 Grilled Chicken Sandwich
- Monthly Promotional Sandwiches
- Veggie Burger
- Grilled Cheese Sandwich
- Chicken Tenders with Dipping Sauce
- Double Cheeseburger
- Signature Chicken Sandwiches
- French Fries



CATERING SERVICES

We would love to cater your event if you give us the opportunity. Our catering brochure will present you with different choices and if what you are looking for is not there, then we can work with you and customize your event to your needs.

We have three tiers of catering: Presidential, Casual and "No Frills" and we take great pride in the implementation of all catering to ensure that you succeed when hosting an event.

HEALTHY & LIGHT

Starting this Spring we are having the following weekly specials which are healthy and you can see the nutritional information below..

Chicken

Grilled balsamic Chicken Breast

Chipotle Chicken Breast

Grilled Chicken Fajitas

Annatto Chicken Breast

Beef

Orange Peel Beef with Jasmine Rice

Braised Beef Tips

Roast Beef Sandwich with Tahini

Grilled Philly Steak Sandwich

Beef Lo Mein

Pork

Italian Style Pork Loin

General Tso's Pork

Pork Medallions w/Onion Pan Gravy

Vegetarian

Asian-Style Vegetables

Indian Spiced Roasted Vegetables

Fried Tofu and Soy Ginger Sauce over Rice


NUTRITIONAL INFORMATION

Grilled Balsamic Chicken Breast

Chicken Breast Marinated in Olive Oil Balsamic Vinaigrette and Grilled

Recipe Number:	0000033093
Portion:	1 Breast
Wellness Item:	🍌
Calories:	144
Protein:	25.7 grams
Carbohydrates:	.3 grams
Fat:	3.6 grams
Calories from Fat:	32 (22%)
Saturated Fat:	.9 grams
Trans Fat:	0 grams
Polyunsaturated Fat:	.9 grams
Cholesterol:	70 milligrams
Sodium:	88 milligrams
Vitamin A:	22 IU
Vitamin B1:	.1 milligrams
Vitamin B2:	.1 milligrams
Vitamin B6:	.5 milligrams
Vitamin C:	0 milligrams
Calcium:	13 milligrams
Niacin:	11.4 milligrams
Iron:	.9 milligrams
Potassium:	214.0 milligrams
Phos.:	189 milligrams
Dietary Fiber:	0 grams
Sugars:	.2 grams
Contains the following allergens: soy beans	

Chipotle Chicken Breast (YHYW)


Recipe Number:	0000038351
Portion:	Each
Wellness Item:	
Calories:	147
Protein:	25.8 grams
Carbohydrates:	.5 grams
Fat:	4.0 grams
Calories from Fat:	36 (24%)
Saturated Fat:	1.0 grams
Trans Fat:	0 grams
Polyunsaturated Fat:	.8 grams
Cholesterol:	70 milligrams
Sodium:	63 milligrams
Vitamin A:	85 IU
Vitamin B1:	.1 milligrams
Vitamin B2:	.1 milligrams
Vitamin B6:	.5 milligrams
Vitamin C:	1.4 milligrams
Calcium:	15 milligrams
Niacin:	11.4 milligrams
Iron:	1.0 milligrams
Potassium:	224.0 milligrams
Phos.:	191 milligrams
Dietary Fiber:	.1 grams
Sugars:	.1 grams

Grilled Chicken Fajitas

Seasoned Grilled Chicken and Vegetables with Lettuce, Salsa and Cheese in a Warm Flour Tortilla

Recipe Number:	0000046894
Portion:	1 Fajita
Calories:	468
Protein:	27.0 grams
Carbohydrates:	50.3 grams
Fat:	17.5 grams
Calories from Fat:	158 (34%)
Saturated Fat:	0 grams
Trans Fat:	0 grams
Polyunsaturated Fat:	0 grams
Cholesterol:	54 milligrams
Sodium:	701 milligrams
Vitamin A:	1033 IU
Vitamin B1:	0 milligrams
Vitamin B2:	0 milligrams
Vitamin B6:	0 milligrams
Vitamin C:	46.9 milligrams
Calcium:	217 milligrams
Niacin:	0 milligrams
Iron:	4.2 milligrams
Potassium:	0 milligrams
Phos.:	0 milligrams
Dietary Fiber:	5.1 grams
Sugars:	0 grams
Contains the following allergens: milk, wheat, soy beans	

Annatto Chicken Breast

Recipe Number:	0000051997
Portion:	4 oz
Wellness Item:	
Calories:	146
Protein:	25.1 grams
Carbohydrates:	.6 grams
Fat:	4.0 grams
Calories from Fat:	36 (25%)
Saturated Fat:	.9 grams
Trans Fat:	0 grams
Polyunsaturated Fat:	.9 grams
Cholesterol:	69 milligrams
Sodium:	130 milligrams
Vitamin A:	0 IU
Vitamin B1:	0 milligrams
Vitamin B2:	0 milligrams
Vitamin B6:	0 milligrams
Vitamin C:	0 milligrams
Calcium:	0 milligrams
Niacin:	0 milligrams
Iron:	0 milligrams
Potassium:	0 milligrams
Phos.:	0 milligrams
Dietary Fiber:	0 grams
Sugars:	0 grams
Contains the following allergens: wheat	

Orange Peel Beef with Jasmine Rice

Flank Steak Stir-Fried with Snow Peas, Orange Peel and General Tso's Sauce, Served with Jasmine Rice

Recipe Number:	0000035028
Portion:	9 oz+4 oz Rice
Calories:	584
Protein:	17.3 grams
Carbohydrates:	80.1 grams
Fat:	20.8 grams
Calories from Fat:	187 (32%)
Saturated Fat:	2.9 grams
Trans Fat:	0 grams
Polyunsaturated Fat:	5.6 grams
Cholesterol:	30 milligrams
Sodium:	1047 milligrams
Vitamin A:	0 IU
Vitamin B1:	0 milligrams
Vitamin B2:	0 milligrams
Vitamin B6:	0 milligrams
Vitamin C:	51.4 milligrams
Calcium:	121 milligrams
Niacin:	0 milligrams
Iron:	3.0 milligrams
Potassium:	0 milligrams
Phos.:	0 milligrams
Dietary Fiber:	6.3 grams
Sugars:	0 grams
Contains the following allergens: eggs, wheat, soy beans	

Braised Beef Tips

Beef Cubes, Onions, Celery, Carrots, Peppers, Sautéed Mushrooms
and Garlic Baked in Tomato-Wine Sauce

Recipe Number:	0369613758
Portion:	6 oz Spoodle
Calories:	251
Protein:	14.8 grams
Carbohydrates:	9.4 grams
Fat:	16.7 grams
Calories from Fat:	150 (60%)
Saturated Fat:	7.1 grams
Trans Fat:	0 grams
Polyunsaturated Fat:	1.1 grams
Cholesterol:	48 milligrams
Sodium:	760 milligrams
Vitamin A:	1888 IU
Vitamin B1:	0 milligrams
Vitamin B2:	0 milligrams
Vitamin B6:	0 milligrams
Vitamin C:	12.3 milligrams
Calcium:	21 milligrams
Niacin:	0 milligrams
Iron:	2.3 milligrams
Potassium:	0 milligrams
Phos.:	0 milligrams
Dietary Fiber:	1.1 grams
Sugars:	1.9 grams
Contains the following allergens: milk, wheat, soy beans	

Roast Beef SND W/ Tahini Dressing

Roast Beef, Spinach, and Feta Cheese with a Red Pepper and Tahini Dressing on Foccacia Bread

Recipe Number:	0000039987
Portion:	1 Sandwich
Calories:	390
Protein:	27.1 grams
Carbohydrates:	31.4 grams
Fat:	17.3 grams
Calories from Fat:	156 (40%)
Saturated Fat:	5.1 grams
Trans Fat:	0 grams
Polyunsaturated Fat:	0 grams
Cholesterol:	55 milligrams
Sodium:	612 milligrams
Vitamin A:	1513 IU
Vitamin B1:	0 milligrams
Vitamin B2:	0 milligrams
Vitamin B6:	0 milligrams
Vitamin C:	22.5 milligrams
Calcium:	167 milligrams
Niacin:	0 milligrams
Iron:	4.6 milligrams
Potassium:	0 milligrams
Phos.:	0 milligrams
Dietary Fiber:	2.3 grams
Sugars:	3.6 grams
Contains the following allergens: milk, wheat, soy beans	

Grilled Philly Steak

Beef Sandwich Steak, Grilled and Shredded

Recipe Number:	0000045747
Portion:	1 oz
Calories:	58
Protein:	7.2 grams
Carbohydrates:	.4 grams
Fat:	3.2 grams
Calories from Fat:	29 (50%)
Saturated Fat:	1.4 grams
Trans Fat:	0 grams
Polyunsaturated Fat:	1.9 grams
Cholesterol:	25 milligrams
Sodium:	147 milligrams
Vitamin A:	35 IU
Vitamin B1:	0 milligrams
Vitamin B2:	0 milligrams
Vitamin B6:	0 milligrams
Vitamin C:	.2 milligrams
Calcium:	1 milligrams
Niacin:	0 milligrams
Iron:	.8 milligrams
Potassium:	0 milligrams
Phos.:	0 milligrams
Dietary Fiber:	0 grams
Sugars:	.4 grams
Contains the following allergens: soy beans	

Beef Lo Mein

Noodles with Beef, Fresh Vegetables & Sauce

Recipe Number:	0000047263
Portion:	10 oz
Calories:	334
Protein:	16.9 grams
Carbohydrates:	35.6 grams
Fat:	14.1 grams
Calories from Fat:	127 (38%)
Saturated Fat:	3.1 grams
Trans Fat:	0 grams
Polyunsaturated Fat:	0 grams
Cholesterol:	29 milligrams
Sodium:	456 milligrams
Vitamin A:	7971 IU
Vitamin B1:	0 milligrams
Vitamin B2:	0 milligrams
Vitamin B6:	0 milligrams
Vitamin C:	48.8 milligrams
Calcium:	61 milligrams
Niacin:	0 milligrams
Iron:	2.8 milligrams
Potassium:	0 milligrams
Phos.:	0 milligrams
Dietary Fiber:	5.0 grams
Sugars:	0 grams
Contains the following allergens: fish, wheat, soy beans	

Italian Style Pork Loin

Roasted Pork Loin with Italian Marinade

Recipe Number:	0000036691
Portion:	4 oz
Calories:	222
Protein:	22.5 grams
Carbohydrates:	.7 grams
Fat:	13.6 grams
Calories from Fat:	122 (55%)
Saturated Fat:	4.4 grams
Trans Fat:	0 grams
Polyunsaturated Fat:	0 grams
Cholesterol:	0 milligrams
Sodium:	48 milligrams
Vitamin A:	40 IU
Vitamin B1:	0 milligrams
Vitamin B2:	0 milligrams
Vitamin B6:	0 milligrams
Vitamin C:	.9 milligrams
Calcium:	28 milligrams
Niacin:	0 milligrams
Iron:	.9 milligrams
Potassium:	0 milligrams
Phos.:	0 milligrams
Dietary Fiber:	0 grams
Sugars:	0 grams

General Tso's Pork

Crispy Pork Sautéed with Asian Vegetables Then Tossed with Spicy Sauce

Recipe Number:	0000036859
Portion:	7.2 oz
Calories:	397
Protein:	8.7 grams
Carbohydrates:	45.0 grams
Fat:	19.6 grams
Calories from Fat:	176 (44%)
Saturated Fat:	3.3 grams
Trans Fat:	0 grams
Polyunsaturated Fat:	0 grams
Cholesterol:	19 milligrams
Sodium:	908 milligrams
Vitamin A:	966 IU
Vitamin B1:	0 milligrams
Vitamin B2:	0 milligrams
Vitamin B6:	0 milligrams
Vitamin C:	40.9 milligrams
Calcium:	69 milligrams
Niacin:	0 milligrams
Iron:	1.0 milligrams
Potassium:	0 milligrams
Phos.:	0 milligrams
Dietary Fiber:	2.1 grams
Sugars:	34.9 grams


Pork Medallions w/Onion Pan Gravy

Pan Seared Pork with Home-style Onion Gravy and Scalloped Potatoes

Recipe Number:	0000038994
Portion:	Meals
Calories:	0
Protein:	0 grams
Carbohydrates:	0 grams
Fat:	0 grams
Calories from Fat:	0 (0%)
Saturated Fat:	0 grams
Trans Fat:	0 grams
Polyunsaturated Fat:	0 grams
Cholesterol:	0 milligrams
Sodium:	0 milligrams
Vitamin A:	0 IU
Vitamin B1:	0 milligrams
Vitamin B2:	0 milligrams
Vitamin B6:	0 milligrams
Vitamin C:	0 milligrams
Calcium:	0 milligrams
Niacin:	0 milligrams
Iron:	0 milligrams
Potassium:	0 milligrams
Phos.:	0 milligrams
Dietary Fiber:	0 grams
Sugars:	0 grams
Contains the following allergens: milk, wheat, soy beans	


Apple Walnut & Wild Rice Salad

Wild Rice Tossed with Apples, Toasted Walnuts, Fresh Red Peppers,
Celery, Olive Oil and Seasonings

Recipe Number:	000000121
Portion:	4 oz
Vegan:	
Calories:	223
Protein:	2.0 grams
Carbohydrates:	12.1 grams
Fat:	19.5 grams
Calories from Fat:	176 (79%)
Saturated Fat:	2.5 grams
Trans Fat:	0 grams
Polyunsaturated Fat:	5.2 grams
Cholesterol:	0 milligrams
Sodium:	26 milligrams
Vitamin A:	340 IU
Vitamin B1:	.1 milligrams
Vitamin B2:	.1 milligrams
Vitamin B6:	.1 milligrams
Vitamin C:	14.8 milligrams
Calcium:	17 milligrams
Niacin:	.5 milligrams
Iron:	.5 milligrams
Potassium:	157.0 milligrams
Phos.:	53 milligrams
Dietary Fiber:	2.3 grams
Sugars:	0 grams
Contains the following allergens: tree nuts	


Green Pepper & Tomato Salad

Tomatoes, Green Peppers, Onions and Cilantro Tossed in Lemon-Paprika Dressing

Recipe Number:	0000012145
Portion:	1 oz
Vegan:	
Calories:	13
Protein:	.3 grams
Carbohydrates:	1.4 grams
Fat:	.8 grams
Calories from Fat:	7 (54%)
Saturated Fat:	.1 grams
Trans Fat:	0 grams
Polyunsaturated Fat:	.1 grams
Cholesterol:	0 milligrams
Sodium:	82 milligrams
Vitamin A:	328 IU
Vitamin B1:	.0 milligrams
Vitamin B2:	.0 milligrams
Vitamin B6:	.0 milligrams
Vitamin C:	12.2 milligrams
Calcium:	5 milligrams
Niacin:	.2 milligrams
Iron:	.2 milligrams
Potassium:	63.0 milligrams
Phos.:	7 milligrams
Dietary Fiber:	.5 grams
Sugars:	.7 grams


Mediterranean Bean Salad

Kidney and Garbanzo Beans, Black-Eyed Peas, Artichoke Hearts and Olives in a Sweet Basil Vinaigrette

Recipe Number:	0000012172
Portion:	3 oz
Vegan:	
Calories:	98
Protein:	2.7 grams
Carbohydrates:	10.5 grams
Fat:	5.2 grams
Calories from Fat:	47 (48%)
Saturated Fat:	.7 grams
Trans Fat:	0 grams
Polyunsaturated Fat:	0 grams
Cholesterol:	0 milligrams
Sodium:	231 milligrams
Vitamin A:	333 IU
Vitamin B1:	0 milligrams
Vitamin B2:	0 milligrams
Vitamin B6:	0 milligrams
Vitamin C:	8.2 milligrams
Calcium:	26 milligrams
Niacin:	0 milligrams
Iron:	1.1 milligrams
Potassium:	0 milligrams
Phos.:	0 milligrams
Dietary Fiber:	0 grams
Sugars:	0 grams


Minted Cucumber Salad

Sliced Cucumbers, Mint Leaves and Orange Rind Tossed with a Sweet Red Wine Vinaigrette

Recipe Number:	000012215
Portion:	4 oz
Vegan:	
Calories:	52
Protein:	.7 grams
Carbohydrates:	4.0 grams
Fat:	3.8 grams
Calories from Fat:	34 (65%)
Saturated Fat:	.5 grams
Trans Fat:	0 grams
Polyunsaturated Fat:	0 grams
Cholesterol:	0 milligrams
Sodium:	3 milligrams
Vitamin A:	199 IU
Vitamin B1:	0 milligrams
Vitamin B2:	0 milligrams
Vitamin B6:	0 milligrams
Vitamin C:	5.0 milligrams
Calcium:	19 milligrams
Niacin:	0 milligrams
Iron:	.4 milligrams
Potassium:	153.0 milligrams
Phos.:	23 milligrams
Dietary Fiber:	.8 grams
Sugars:	0 grams

Couscous Salad with Peppers, Olives

Couscous, Roasted Red Peppers, Raisins, Stuffed Olives and Toasted Pine Nuts in a Vinaigrette

Recipe Number:	0000012491
Portion:	1 oz
Vegan:	
Calories:	45
Protein:	1.0 grams
Carbohydrates:	5.6 grams
Fat:	2.2 grams
Calories from Fat:	20 (44%)
Saturated Fat:	0 grams
Trans Fat:	0 grams
Polyunsaturated Fat:	0 grams
Cholesterol:	0 milligrams
Sodium:	103 milligrams
Vitamin A:	123 IU
Vitamin B1:	0 milligrams
Vitamin B2:	0 milligrams
Vitamin B6:	0 milligrams
Vitamin C:	3.2 milligrams
Calcium:	0 milligrams
Niacin:	0 milligrams
Iron:	0 milligrams
Potassium:	0 milligrams
Phos.:	0 milligrams
Dietary Fiber:	0 grams
Sugars:	0 grams
Contains the following allergens: wheat, tree nuts	

Asian-Style Vegetables

Recipe Number:	<u>0000036058</u>
Portion:	3 oz
Vegetarian:	🥕
Calories:	68
Protein:	2.6 grams
Carbohydrates:	8.4 grams
Fat:	3.2 grams
Calories from Fat:	29 (43%)
Saturated Fat:	.3 grams
<i>Trans</i> Fat:	0 grams
Polyunsaturated Fat:	1.1 grams
Cholesterol:	0 milligrams
Sodium:	347 milligrams
Vitamin A:	5669 IU
Vitamin B1:	0 milligrams
Vitamin B2:	0 milligrams
Vitamin B6:	0 milligrams
Vitamin C:	68.4 milligrams
Calcium:	63 milligrams
Niacin:	0 milligrams
Iron:	1.3 milligrams
Potassium:	0 milligrams
Phos.:	0 milligrams
Dietary Fiber:	2.3 grams
Sugars:	4.5 grams
Contains the following allergens: wheat, soy beans	



Indian Spiced Roasted Vegetables

Squash and Sweet Potato Roasted with Cardamom, Cinnamon, Cumin, Cloves, Coriander and Pepper

Recipe Number:	0361816208
Portion:	4 oz
Vegetarian:	🥕
Calories:	148
Protein:	1.7 grams
Carbohydrates:	25.7 grams
Fat:	5.4 grams
Calories from Fat:	49 (33%)
Saturated Fat:	3.3 grams
Trans Fat:	0 grams
Polyunsaturated Fat:	.3 grams
Cholesterol:	14 milligrams
Sodium:	20 milligrams
Vitamin A:	12386 IU
Vitamin B1:	.1 milligrams
Vitamin B2:	.0 milligrams
Vitamin B6:	.2 milligrams
Vitamin C:	18.3 milligrams
Calcium:	65 milligrams
Niacin:	1.1 milligrams
Iron:	1.4 milligrams
Potassium:	436.0 milligrams
Phos.:	50 milligrams
Dietary Fiber:	0 grams
Sugars:	0 grams
Contains the following allergens: milk	

Fried Tofu & Soy Ginger Sauce over Rice

Fried Tofu, Snow Peas, Carrots, Water Chestnuts and Red Pepper
Sautéed with Soy Ginger Sauce

Recipe Number:	0000036230
Portion:	8 oz+4 oz Rice
Vegan:	
Wellness Item:	
Calories:	437
Protein:	10.2 grams
Carbohydrates:	56.0 grams
Fat:	16.7 grams
Calories from Fat:	150 (34%)
Saturated Fat:	1.6 grams
Trans Fat:	0 grams
Polyunsaturated Fat:	0 grams
Cholesterol:	0 milligrams
Sodium:	542 milligrams
Vitamin A:	0 IU
Vitamin B1:	0 milligrams
Vitamin B2:	0 milligrams
Vitamin B6:	0 milligrams
Vitamin C:	0 milligrams
Calcium:	0 milligrams
Niacin:	0 milligrams
Iron:	0 milligrams
Potassium:	0 milligrams
Phos.:	0 milligrams
Dietary Fiber:	0 grams
Sugars:	0 grams
Contains the following allergens: wheat, soy beans	