Hearty Lasagna
Serving Size: 1 piece
Calories: 330, Calories From Fat: 230, Total Fat: 14g, Sodium: 240mg, Protein: 24g
Contains: GLUTEN, SOY, DAIRY, EGG

Garlic Herbed Breadstick
Serving Size: 1 each
Calories: 180, Calories From Fat: 80, Total Fat: 5g, Sodium: 300mg, Protein: 5g
Contains: GLUTEN, SOY, DAIRY, EGG

Garlic Roasted Broccoli
Serving Size: ½ cup
Calories: 30, Calories From Fat: 10, Total Fat: 0g, Sodium: 50mg, Protein: 2g
Roasted Turkey Breast
Serving Size: 3oz
Calories: 140, Calories From Fat: 40, Total Fat: 5g, Sodium: 570mg, Protein: 23g
Contains: SOY

Lemon Garlic Green Beans
Serving Size: ½ cup
Calories: 30, Calories From Fat: 0, Total Fat: 0g, Sodium: 0mg, Protein: 2g

Traditional Herb Stuffing
Serving Size: ½ cup
Calories: 200, Calories From Fat: 60, Total Fat: 7g, Sodium: 610mg, Protein: 4g
Contains: GLUTEN, SOY

Cranberry Mandarin Relish
Serving Size: 1oz
Calories: 70, Calories From Fat: 0, Total Fat: 0g, Sodium: 40mg, Protein: 0g

Matzo Ball Soup
Serving Size: 8oz
Calories: 250, Calories From Fat: 60, Total Fat: 7g, Sodium: 420mg, Protein: 11g
Contains: GLUTEN, SOY, EGG
Rosemary Polenta

Serving Size: 1 piece
Calories: 70, Calories From Fat: 10, Total Fat: 1g, Sodium: 110mg, Protein: 2g

Grilled Portobello Mushrooms

Serving Size: 2 ¼ ozw
Calories: 10, Calories From Fat: 0, Total Fat: 0g, Sodium: 0mg, Protein: 1g

Sundried Tomato Tapenade

Serving Size: 1 ozv
Calories: 60, Calories From Fat: 40, Total Fat: 5g, Sodium: 130mg, Protein: 1g

Green Beans Gremolada

Serving Size: 3 ozw
Calories: 70, Calories From Fat: 40, Total Fat: 5g, Sodium: 30mg, Protein: 2g
Chocolate Chip Cookies
Serving Size: 1 each
Calories: 130, Calories From Fat: 50, Total Fat: 6g, Sodium: 100mg, Protein: 1g
Contains: GLUTEN, SOY, DAIRY, EGG

Sugar Cookies
Serving Size: 1 each
Calories: 120, Calories From Fat: 50, Total Fat: 5g, Sodium: 100mg, Protein: 1g
Contains: GLUTEN, SOY, DAIRY, EGG

Churros
Serving Size: 1 each
Calories: 150, Calories From Fat: 80, Total Fat: 9g, Sodium: 160mg, Protein: 2g
Contains: GLUTEN, SOY, DAIRY, EGG

Peanut Butter Devil’s Food Cupcakes
Serving Size: 1 each
Calories: 210, Calories From Fat: 70, Total Fat: 8g, Sodium: 260mg, Protein: 3g
Contains: GLUTEN, SOY, DAIRY, EGG, PEANUTS

Rocky Road Brownies
Serving Size: 1 each
Calories: 270, Calories From Fat: 100, Total Fat: 11g, Sodium: 180mg, Protein: 3g
Contains: GLUTEN, SOY, DAIRY, EGG, WALNUTS

ALLERGEN NOTE: Items at this station may have come in cross-contact with any of the Top 8 allergens, including peanuts and tree nuts
Cheese Pizza

Serving Size: 1 slice
Calories: 250, Calories From Fat: 70, Total Fat: 7g, Sodium: 580mg, Protein: 13g
Contains: GLUTEN, SOY, DAIRY

Greek Meatball Melt
Serving Size: 1 sandwich
Calories: 460, Calories From Fat: 200, Total Fat: 22g, Sodium: 910mg, Protein: 20g
Contains: GLUTEN, SOY, DAIRY, EGG

Caesar Salad
Serving Size: ½ cup
Calories: 80, Calories From Fat: 60, Total Fat: 6g, Sodium: 180mg, Protein: 2g
Contains: GLUTEN, SOY, DAIRY, EGG, FISH (Caesar dressing)

Dilled Potato Salad

Serving Size: ½ cup
Calories: 150, Calories From Fat: 70, Total Fat: 8g, Sodium: 200mg, Protein: 2g
Contains: SOY, EGG
Tomato Garden Vegetable

Serving Size: 8ozv
Calories: 110, Calories From Fat: 36, Total Fat: 4g, Sodium: 750mg, Protein: 3g
Contains: GLUTEN

Beef Stew

Serving Size: 8ozv
Calories: 200, Calories From Fat: 54, Total Fat: 6g, Sodium: 640mg, Protein: 16g
Contains: GLUTEN
Kadai Jhinga Masala (Curry Shrimp)
Serving Size: ½ cup
Calories: 130, Calories From Fat: 500, Total Fat: 5g, Sodium: 550mg, Protein: 11g
Contains: SOY, SHELLFISH

Raita

Serving Size: 1ozv
Calories: 20, Calories From Fat: 0, Total Fat: 0g, Sodium: 70mg, Protein: 1g
Contains: DAIRY

Potato Curry

Serving Size: ½ cup
Calories: 160, Calories From Fat: 70, Total Fat: 8g, Sodium: 300mg, Protein: 4g
Contains: SOY

Tikka Chaat Salad (Curry Chickpea Salad)

Serving Size: ½ cup
Calories: 70, Calories From Fat: 10, Total Fat: 1g, Sodium: 120mg, Protein: 2g
Miso Bowl
Seafood, vegetables and white rice in broth accented with wasabi hot & sour sauce

Serving Size: 1 bowl
Calories: 300, Calories From Fat: 120, Total Fat: 13g, Sodium: 1000mg, Protein: 30g
Contains: GLUTEN, SOY, EGG, FISH, SHELLFISH