Monday, January 22, 2018

soup: baked stuffed potato soup
    chicken noodle soup

buffet: roasted turkey breast
    chicken cordon bleu parmesan cream sauce
    scalloped potatoes
    okra and tomatoes
    southern style green beans

Tuesday, January 23, 2018

soup: garden vegetable
    tomato basil bisque

buffet: spaghetti with turkey meat sauce
    fried chicken
    rotisserie chicken quarter
    macaroni and cheese
    brussel sprouts
    turnip greens

Wednesday, January 24, 2018

soup: broccoli cheddar soup
    chicken noodle soup

buffet: barbecued pork chop
    barbecued baby back ribs
    baked beans
    corn on the cob
    fried okra

Thursday, January 25, 2018

soup: baked stuffed potato soup
    garden vegetable

buffet: chicken and broccoli alfredo
    blackened tilapia
    wild rice pilaf
    cauliflower au gratin
    rosemary asparagus

Friday, January 26, 2018

soup: chicken noodle soup
    tomato basil bisque

buffet: chicken wings
    fried fish
    cheese grits
    corn with pimento
    hush puppies
    stewed tomatoes

* Percent Daily Values are based on a 2,000 calorie diet.
Your Daily Values may be higher or lower depending on your calorie needs.

<table>
<thead>
<tr>
<th>Component</th>
<th>2,000 Calorie Diet</th>
<th>2,500 Calorie Diet</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>Less than 78g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>Less than 20g</td>
<td>Less than 24g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 500mg</td>
<td>Less than 600mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>Less than 2,800mg</td>
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<tr>
<td>Total Carbohydrate</td>
<td>900g</td>
<td>1,050g</td>
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<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

CAFE@SHANDS.UFL.EDU
352.246.2007 | hours lunch 11am - 2pm