Monday, January 22, 2018

**soup:** baked stuffed potato soup  
chicken noodle soup  

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

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Tuesday, January 23, 2018

**soup:** garden vegetable  
tomato basil bisque  

**buffet:** fried chicken  
rotisserie chicken quarter  
macaroni and cheese  
brussel sprouts  
turnip greens

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Wednesday, January 24, 2018

**soup:** broccoli cheddar soup  
chicken noodle soup  

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

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Thursday, January 25, 2018

**soup:** baked stuffed potato soup  
garden vegetable  

**buffet:** blackened tilapia  
wild rice pilaf  
cauliflower au gratin  
rosemary asparagus

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Friday, January 26, 2018

**soup:** chicken noodle soup  
tomato basil bisque  

**buffet:** fried fish  
cheese grits  
corn with pimento  
stewed tomatoes

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*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>Nutrient</th>
<th>2,000 Calories</th>
<th>2,500 Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>2,000</td>
<td>2,500</td>
</tr>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>Less than 80g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>Less than 20g</td>
<td>Less than 25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>Less than 300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>Less than 2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<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

**MENU SUBJECT TO CHANGE WITHOUT NOTICE**