Menu

Monday, January 28, 2019

**broth & bowl** lentil & quinoa bowl
- lentils, quinoa, egg, baby greens, and vegetable broth
- cauliflower & greens bowl
- herbed cauliflower rice, lentils, egg, sauteed collared greens, and vegetable broth
- edamame & soba noodle bowl
- edamame, soba noodles, chinese cabbage, egg, shredded carrots, and vegetable broth

**add ons:** grilled chicken breast
- lemon pepper shrimp

Tuesday, January 29, 2019

**broth & bowl** lentil & quinoa bowl
- lentils, quinoa, egg, baby greens, and vegetable broth
- cauliflower & greens bowl
- herbed cauliflower rice, lentils, egg, sauteed collared greens, and vegetable broth
- edamame & soba noodle bowl
- edamame, soba noodles, chinese cabbage, egg, shredded carrots, and vegetable broth

**add ons:** grilled chicken breast
- lemon pepper shrimp

Wednesday, January 30, 2019

**wings**
- wings
- onion rings

Thursday, January 31, 2019

**plant based**
- lentil bolognese with pasta

Friday, February 01, 2019

**plant based**
- lentil bolognese with pasta

2000 calories a day is used for general nutrition advice, but calorie needs vary.

Additional nutrition information available upon request.

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352.246.2007 | hours lunch 11am - 2pm

MENU SUBJECT TO CHANGE WITHOUT NOTICE