EXHIBITION - UF HEALTH SHANDS

Monday, February 12, 2018

exhibition: chicken and waffles
  country fried steak
  assorted toppings

Tuesday, February 13, 2018

exhibition: chicken and waffles
  country fried steak
  assorted toppings

Wednesday, February 14, 2018

exhibition: build your own curry bowl
  your choice of chicken, shrimp or tofu
  your choice of yellow rice or basmati rice
  vegetables

Thursday, February 15, 2018

exhibition: build your own curry bowl
  your choice of chicken, shrimp or tofu
  your choice of yellow rice or basmati rice
  vegetables

Friday, February 16, 2018

exhibition: peri peri chicken (pepper chicken)
  blt chicken sandwich
  steak fries
  garden salad
  potato salad

* 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>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>

MENU SUBJECT TO CHANGE WITHOUT NOTICE