Raising Hope at Work Café
UF Health Heart & Vascular and Neuromedicine Hospitals

Monday, February 19, 2018

soup: chicken noodle soup
  corn chowder
whole+sum:
  chicken parmesan
  penne pasta
  steamed asparagus

Tuesday, February 20, 2018

soup: Italian wedding soup
  baked stuffed potato soup
whole+sum:
  moroccan salmon with caprese
  quinoa and balsamic glaze power bowl

Wednesday, February 21, 2018

soup: clam chowder
  southwest tortilla
whole+sum:
  texas pot roast
  mashed parsnips
  wedge salad with tomato and basil

Thursday, February 22, 2018

soup: chicken noodle
  lobster corn bisque
whole+sum:
  chicken adovada with tortilla chips
  latin black beans
  grilled corn

Friday, February 23, 2018

soup: broccoli cheddar
  chicken florentine
whole+sum:
  poached shrimp with mole and almonds
  poblano brown rice
  cilantro jicama slaw

* 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></th>
<th>Calories:</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than</td>
<td>65g</td>
<td>80g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>Less than</td>
<td>20g</td>
<td>25g</td>
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<tr>
<td>Cholesterol</td>
<td>Less than</td>
<td>300mg</td>
<td>300mg</td>
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<tr>
<td>Sodium</td>
<td>Less than</td>
<td>2,400mg</td>
<td>2,400mg</td>
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<tr>
<td>Total Carbohydrate</td>
<td></td>
<td>300g</td>
<td>375g</td>
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<tr>
<td>Dietary Fiber</td>
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<td>25g</td>
<td>30g</td>
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</tbody>
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MENU SUBJECT TO CHANGE WITHOUT NOTICE