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

**Monday, March 12, 2018**

**soup:** chicken noodle soup  
**whole+sum:**
- chicken parmesan  
- penne pasta  
- steamed asparagus

**Tuesday, March 13, 2018**

**soup:** Italian wedding soup  
**whole+sum:**
- moroccan salmon with caprese  
- quinoa and balsamic glaze power bowl

**Wednesday, March 14, 2018**

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

**Thursday, March 15, 2018**

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

**Friday, March 16, 2018**

**soup:** broccoli cheddar  
**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: 2,000</th>
<th>Calories: 2,500</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>
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</tbody>
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peter daniell | Peter.Daniell@shands.ufl.edu  
561.573.1530 | hours lunch 11am - 2pm

**MENU SUBJECT TO CHANGE WITHOUT NOTICE**