UF Health Vista Cafe - SHANDS HOSPITAL UF

Hours of Operation: Sunday-Saturday: Breakfast: 7am-10am; Lunch: 11am-2pm; Dinner: 4pm -6pm

Monday, July 02, 2018

soup: baked stuffed potato
buffet: orange chicken
  chicken & broccoli
  fried rice
  oriental noodles
  oriental vegetables
  egg rolls

Tuesday, July 03, 2018

soup: chicken tortilla
buffet: fried chicken
  baked chicken
  macaroni and cheese
  turnip greens
  broccoli au gratin

Wednesday, July 04, 2018

soup: broccoli cheddar
buffet: Chef Special

Thursday, July 05, 2018

soup: home-style chicken noodle
buffet: chicken and broccoli alfredo
  jerk flank steak
  garlic bread
  potato wedges
  sauteed spinach

Friday, July 06, 2018

soup: shrimp and roasted corn bisque
buffet: chicken wings
  honey lime siracha salmon
  spicy potato wedges
  brussel sprouts with bacon
  vegetable medley

* 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>
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</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>
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<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>Less than 300mg</td>
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<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>Less than 2,400mg</td>
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<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
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<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
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