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Week of Café Main and Elm
December 4, 2023



SCAN HERE FOR
MOBILE ORDERING

AT THE ROOT
by FLIK

VEGETABLE PARMESAN

Join us

FIT DEFINED

WHAT MAKES SOMETHING FIT?

Items marked as FIT meet the following criteria, which was developed to be consistent with current dietary recommendations. All FIT items use recipes which are reviewed by FLIK Registered Dietitians.

FULL MEAL OR COMBO Calories: ≤600 Sat Fat (g): ≤5 Sodium (mg): ≤600	MAIN ENTREE Calories: ≤400 Sat Fat (g): ≤5 Sodium (mg): ≤600
SIDE DISH Calories: ≤250 Sat Fat (g): ≤5 Sodium (mg): ≤250	8/12 OZ SOUP Sat Fat (g): ≤2/3 Sodium (mg): ≤500/750
BREAKFAST MEAL Calories: ≤400 Sat Fat (g): ≤5 Sodium (mg): ≤600	BREAKFAST SIDE Calories: ≤250 Sodium (mg): ≤250 Sugar (g): ≤15
BEVERAGES Per Container Milk: ≤150 calories Juice: ≤100 calories Water: 0 calories, no artificial sweetener	SNACKS Calories: ≤250 Fat (g): ≤10 Sat Fat (g): ≤3 Sodium (mg): ≤250 Sugar (g): ≤20

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M

Chicken Orzo **FIT**

CAVATAPPI, SAUSAGE, BROCCOLI RABE

Roasted Potatoes **FIT**
Ratatouille

Salad Pesto Farro **FIT**
Deli Buffalo Chicken Salad, Brioche Bun
Grill Crispy Bang, Bang Shrimp, Over Mixed Greens

T

Vegan Split Pea **FIT**
Chicken Orzo **FIT**

ARROZ CON POLLO

Crispy Yucca Fries
Steamed Corn, Peppers **FIT**

Action Deconstructed Chicken Parmigiana Salad
Salad Roasted Greek Potato Salad
Deli CHOPPED Greek Chicken Salad , Whole Wheat Pita **FIT**
Grill Cuban Sandwich

W

Manhattan Clam Chowder
Vegan Split Pea Soup **FIT**

BEEF STUFFED PEPPERS

Baked Sweet Potato Fries **FIT**
Roasted Mushroom **FIT**

Action Teriyaki Grilled Salmon Rice Bowl
Salad Chickpea, Avocado, Feta **FIT**
Deli Roasted Turkey, Roasted Apples, Brie, Honey Mustard, Multigrain Baguette
Grill Portobello Mushroom Parmigiana, Brioche Bun

Th

Vegetarian Split Pea **FIT**
Manhattan Clam Chowder

STATION TAKE OVER

Saffron Restaurant
Chicken Tikka Masala, Paneer Tikka Masala

Salad Sweet Chili Tofu, Broccoli
Deli Salmon Caesar Salad Wrap
Grill Jalapeno Popper, Bacon, Grilled Cheese

F

Grill Jamaican Beef Patties, Choice of Side

Giving Thanks

We are thankful to be serving you! From our families to yours, check out our YouTube channel for our favorite recipes to try at home!