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Week of
July 1, 2024

Café Main
and Elm



M WEEKLY BREAKFAST SPECIAL – Chocolate Chip Pancakes

Greek Chicken **FIT**

JAMAICAN JERK CHICKEN LEGS

Sweet Plantains **FIT**

Sauteed Swiss Chard, Garlic, Red Peppers **FIT**

Salad Grilled Buffalo Tofu, Spinach **FIT**

Deli Sopressata, Provolone, Hot Peppers, Arugula, Baguette

Grill Steak, Mushroom, Onion, Pepper Quesadilla

T Vegan Split Pea Soup **FIT**
Greek Chicken **FIT**

MEAT LASAGNA

Parmesan Roasted Potatoes

Balsamic Roasted Eggplant **FIT**

Salad Tomato, Basil, Mozzarella

Deli Roast Beef, Horseradish Mayo, Arugula, Onion Roll

Grill Nacho Tots

W Vegan Split Pea Soup **FIT**

MAC & CHEESE

Roasted Broccoli **FIT**

Salad Spinach, Berry Salad, Balsamic Vinaigrette **FIT**

Deli Southwest Tuna Salad, Avocado, Whole Wheat Wrap

Grill Meatball, Provolone Hero

Th
*CLOSED FOR THE
HOLIDAY*

F
Grab and Go Available in the Cafe

GRAB AND GO

Sandwich of the week

Smoked Turkey, Bacon, Lettuce, Tomato,

Salad of the week

Sundried Tomato
Buffalo Shrimp Salad

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): ≤250/750

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: ≤150 calories
Water: 0 calories, no artificial sweeteners

SNACKS
Calories: ≤250
Sat Fat (g): ≤10
Sat Fat (g): ≤3
Sodium (mg): ≤230
Sugar (g): ≤20

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