

LUNCH BUFFET - THURSDAY, JUNE 1

ROMAINE LETTUCE SUGGESTED SERVING (1 CUP)

CALORIES	FAT	CARBS	SUGAR
15	0G	1G	0G

CROUTONS SUGGESTED SERVING (6 CROUTONS)

CALORIES	FAT	CARBS	SUGAR
30	1G	5G	0G

PARMESAN CHEESE SUGGESTED SERVING (1 TBSP)

CALORIES	FAT	CARBS	SUGAR
22	1.43G	.2G	.04G

CHICK PEAS SUGGESTED SERVING (1/2 CUP)

CALORIES	FAT	CARBS	SUGAR
110	2G	18G	2G

SPIEDIE CHICKEN SUGGESTED SERVING (4 OUNCES)

CALORIES	FAT	CARBS	SUGAR
160	8G	0G	0G

ROASTED VEGETABLES SUGGESTED SERVING (4OZ)

CALORIES	FAT	CARBS	SUGAR
90	7G	7G	4G

SOFT BREADSTICKS SUGGESTED SERVING (1 STICK)

CALORIES	FAT	CARBS	SUGAR
140	2.5G	25G	2G

BROWNIES SUGGESTED SERVING (1 BROWNIE)

CALORIES	FAT	CARBS	SUGAR
170	6.85G	26.84G	15.38G

*The information provided is presented in good faith and believed to be correct, SMG/Oncenter makes no representations or warranties as to its completeness or accuracy and all information, including nutritional values, is used by you at your own risk.

DINNER BUFFET— THURSDAY, JUNE 1

GARDEN SALAD SUGGESTED SERVING (1 CUP)

CALORIES 78	FAT 5.53G	CARBS 2.9G	SUGAR 1.62G
-----------------------	---------------------	----------------------	-----------------------

CHICKEN RIGGIES SUGGESTED SERVING (1 CUP)

CALORIES 621	FAT 21.2G	CARBS 70.9G	SUGAR 5G
------------------------	---------------------	-----------------------	--------------------

BROCCOLI POLONAISE WITH GF CRUMB TOPPING SUGGESTED SERVING (1/2 CUP)

CALORIES 129	FAT 10G	CARBS 12G	SUGAR 7G
------------------------	-------------------	---------------------	--------------------

VEGETARIAN PASTA PRIMAVERA SUGGESTED SERVING (1 CUP)

CALORIES 210	FAT 6G	CARBS 33G	SUGAR 6G
------------------------	------------------	---------------------	--------------------

GARLIC BREADSTICKS SUGGESTED SERVING (1 PIECE)

CALORIES 140	FAT 2.5G	CARBS 25G	SUGAR 2G
------------------------	--------------------	---------------------	--------------------

CHOCOLATE MOUSSE SUGGESTED SERVING (4OZ)

CALORIES 130	FAT 3G	CARBS 15G	SUGAR 12G
------------------------	------------------	---------------------	---------------------

*The information provided is presented in good faith and believed to be correct, SMG/Oncenter makes no representations or warranties as to its completeness or accuracy and all information, including nutritional values, is used by you at your own risk.

LUNCH – FRIDAY, JUNE 2

TURKEY & CHEESE SANDWICH SERVING SIZE (1 SANDWICH)

CALORIES	FAT	CARBS	SUGAR
310	12G	33G	1G

TUNA SANDWICH SERVING SIZE (1 SANDWICH)

CALORIES	FAT	CARBS	SUGAR
287	7.17G	36.38G	6.19G

PEANUT BUTTER & JELLY SANDWICH SERVING SIZE (1 SANDWICH)

CALORIES	FAT	CARBS	SUGAR
210	9G	28G	9G

APPLE SERVING SIZE (1 MEDIUM APPLE)

CALORIES	FAT	CARBS	SUGAR
72	.23G	19.06G	14.34G

POTATO CHIPS SERVING SIZE (1 OZ OR 15 CHIPS)

CALORIES	FAT	CARBS	SUGAR
160	10G	15G	LESS THAN 1G

CHOCOLATE CHIP COOKIE SERVING SIZE (1 COOKIE)

CALORIES	FAT	CARBS	SUGAR
200	10G	25G	13G

*The information provided is presented in good faith and believed to be correct, SMG/Oncenter makes no representations or warranties as to its completeness or accuracy and all information, including nutritional values, is used by you at your own risk.

DINNER – FRIDAY, JUNE 3

CREAMY COLESLAW SUGGESTED SERVING (1 CUP)

CALORIES 78	FAT 5.53G	CARBS 2.9G	SUGAR 1.62G
-----------------------	---------------------	----------------------	-----------------------

PULLED PORK SANDWICHES WITH BBQ SAUCE SERVING SIZE (1 SANDWICH6OZ)

CALORIES 322	FAT 8.95G	CARBS 37.28G	SUGAR 2.79G
------------------------	---------------------	------------------------	-----------------------

ROASTED VEGETABLE SANDWICHES SERVING SIZE (1 SANDWICH)

CALORIES 459	FAT 18.02G	CARBS 62.08G	SUGAR 12.39G
------------------------	----------------------	------------------------	------------------------

SALT POTATOES SERVING SIZE (5 OUNCES)

CALORIES 110	FAT 0G	CARBS 26G	SUGAR 1G
------------------------	------------------	---------------------	--------------------

BAKED BEANS (VEGETARIAN) SERVING SIZE (4OZ)

CALORIES 130	FAT 0G	CARBS 29G	SUGAR 12G
------------------------	------------------	---------------------	---------------------

APPLE PIE SERVING SIZE (SLICE)

CALORIES 570	FAT 27G	CARBS 76G	SUGAR 36G
------------------------	-------------------	---------------------	---------------------

*The information provided is presented in good faith and believed to be correct, SMG/Oncenter makes no representations or warranties as to its completeness or accuracy and all information, including nutritional values, is used by you at your own risk.

LUNCH – SATURDAY, JUNE 3

FRESH FRUIT SALAD SUGGESTED SERVING (1 CUP)

CALORIES 78	FAT 5.53G	CARBS 2.9G	SUGAR 1.62G
-----------------------	---------------------	----------------------	-----------------------

ASIAN LO MEIN NOODLE SALAD WITH CHICKEN & VEGETABLES SERVING SIZE (1 CUP)

CALORIES 200	FAT 8.3G	CARBS 20.2G	SUGAR 7.1G
------------------------	--------------------	-----------------------	----------------------

ASIAN LO MEIN NOODLE SALAD WITH TOFU & VEGETABLES SERVING SIZE (1 CUP)

CALORIES 150	FAT 4G	CARBS 19G	SUGAR 6G
------------------------	------------------	---------------------	--------------------

CHOCOLATE CHIP COOKIE SERVING SIZE (1 COOKIE)

CALORIES 200	FAT 10G	CARBS 25G	SUGAR 13G
------------------------	-------------------	---------------------	---------------------

*The information provided is presented in good faith and believed to be correct, SMG/Oncenter makes no representations or warranties as to its completeness or accuracy and all information, including nutritional values, is used by you at your own risk.