

The Market										Fall 2020
Carvery										
Location/Food	Serving Size	Calories(g)	Fat(g)	Carbs(g)	Fiber(g)	Protein(g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Sunday										
Chicken Cordon Bleu	1ct	240	14	9	1	19				Wheat, Milk, Soy
Chicken Pot Pie	1ct	600	32	61	4	17				Wheat, Milk, Soy
Flank Steak with Chimichurri	1 serving	348	36	6	0	25			✓	
Turkey	4oz	32	3.5	0	0	24				
Monday										
BBQ Sausage	4oz	346	34	10	0	14				Pork
BBQ Chicken	1 serving	497	43	27	0.9	30			✓	
Smoked Pulled Pork	1 serving	308	22	26	1	22			✓	Pork
Turkey	1 serving	32	3.5	0	0	24			✓	
Peach Cobbler	5oz	300	13	45	1	2		✓		Wheat, Milk, Soy
Tuesday										
Blackened Tilapia	1 serving	195	1.5	0	0	21		✓	✓	Fish
Turkey	1 serving	32	3.5	0	0	24			✓	
Fettuccine Cajun Turkey Pasta	1 serving	491	15	85	4	29				Wheat, Milk
Flank Steak with Chimichurri	1 serving	348	36	6	0	25			✓	
Wednesday										
BBQ Sausage	4oz	346	34	10	0	14				Pork
Ranch Style Beans	1 serving	155	2.15	28	6	5		✓	✓	Soy
Ranch Beans	4oz	115	2.15	18	6	5				Soy
BBQ Chicken Quarters	1 serving	497	43	27	0.9	30			✓	
Smoked Brisket	1 serving	299	21	26	1	22			✓	
Smoked Pulled Pork	1 serving	308	22	26	1	22			✓	Pork
Turkey	4oz	32	3.5	0	0	24				
Tikka Masala Chicken Thighs	1 serving (5oz)	770	50	57	2	23				Milk
Peach Cobbler	5oz	300	13	45	1	2		✓		Wheat, Milk, Soy
Thursday										
Turkey	1 serving	32	3.5	0	0	24			✓	
Fettuccine Cajun Turkey Pasta	1 serving	491	15	85	4	29				Wheat, Milk
Friday	1 serving	456	34	36	1	15			✓	Pork
Fried Chicken	1 serving	432	22.2	56	2	61.9				Wheat
Turkey	1 serving	32	3.5	0	0	24			✓	
BBQ Sausage	4oz	346	34	10	0	14				Pork
Ranch Style Beans	1 serving	155	2.15	28	6	5		✓	✓	Soy
BBQ Chicken	1 serving	497	43	27	0.9	30			✓	
Smoked Brisket	1 serving	299	21	26	1	22			✓	
Smoked Pulled Pork	1 serving	308	22	26	1	22			✓	Pork
Turkey	1 serving	32	3.5	0	0	24			✓	
Peach Cobbler	5oz	300	13	45	1	2		✓		Wheat, Milk, Soy
Carvery Daily Items	Serving Size	Calories(g)	Fat(g)	Carbs(g)	Fiber(g)	Protein(g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains

Roasted Red Potato	4oz	206	14	18	2	2	✓	✓	✓	Soy
Mac and Cheese	4oz	331	6.5	65	3	16		✓		Wheat, Milk
Yeast Rolls	1 roll	106	2	21	1	4		✓		Wheat, Milk, Soy; May contain: Egg, Sesame
Green Beans	4oz	70	5.5	4	1	1	✓	✓	✓	Soy
Corn	3oz	126	6	16	2	2	✓	✓	✓	Soy
Broccoli	3oz	76	5.5	5	2	2	✓	✓	✓	Soy
Mashed Potatoes	5oz	479	6	100	6	12		✓	✓	Milk
White Gravy	2oz	231	11	33	0	0		✓		Wheat, Milk, Soy, Egg
Brown Gravy	2oz	132	0	33	0	11				Wheat, Milk, Soy, Egg, Pork
<u>Desserts</u>	Serving Size	Calories(g)	Fat(g)	Carbs(g)	Fiber(g)	Protein(g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
White Chocolate Macadamia	2oz	260	13	33	1	3		✓		Wheat, Milk, Soy, Egg, Tree Nuts
Chocolate Chip Cookie	2oz	250	11	36	1	3		✓		Wheat, Milk, Soy, Egg, Held in Case with Tree Nut Products
M & M Cookie	2oz	160	7	22	0	2		✓		Wheat, Milk, Soy, Egg, Held in Case with Tree Nut Products
Sugar Cookie	2oz	250	11	35	1	3		✓		Wheat, Milk, Egg, Held in Case with Tree Nut Products
Rice Krispie Treat	1 Large Bar	364	20	42	<1	3		✓		Milk(Whey), Soy, Contains Malt(Malt flavoring contains Wheat)
All Fried Items have been fried in Canola Fry Oil in Common Fryer with Dairy and Wheat Items										
Yes = ✓										
Indicates a "Smart Choice" lower in fat and packed with nutrients.										
Allergy/Contains Column lists foods that may contain one of the big eight										
food allergies. Wheat, Milk, Soy, Eggs, Fish, Shell Fish, Peanuts, Tree Nuts, Pork and Sesame										