



Sandstone & Floodstreet Cafés

Monday 7/18

- **LiVe Well Plate83** –Smoked Turkey w/BBQ mustard Sauce- **\$4.18**
267/10.2gm/0.8gm/319mg
- **Entrée** – Grilled Steak w Mushroom & Onions
226/14.0gm/0.6gm/365mg **\$4.84**
- **Grill Special** –**Chicken Quesadilla**
699/39.1gm/4.1gm/1575mg **\$4.84**
- **Side Dishes** –Sour cream & chive mashed potatoes & Tuscan Vegetables

Tuesday 7/19

- **LiVe Well Plate07**–Quinoa Stuffed Bell Pepper
263/7.2gm/6.9gm/338mg **\$4.18**
- **Entrée** – Barbacoa Burrito - **\$4.84**
992/39.7 gm/15.67gm/1051mg
- **Grill Special** –**Chicken Quesadilla**
699/39.1gm/4.1gm/1575mg **\$4.84**
- **Side Dishes** – Black Beans & Winter Squash

Wednesday 7/20

- **LiVe Well Plate71**- Chinese Chicken Salad w/Chile peanut dressing
308/9.9gm/5.8gm/576mg **\$4.18**
- **Entrée** –Grilled cheese w/ Tomato soup
760/40.1gm/24.52gm/1811mg **\$4.84**
- **Grill Special** –**Chicken Quesadilla**
699/39.1gm/4.1gm/1575mg **\$4.84**
- **Side Dishes** – Garlic Bread & Mixed Vegetables

Thursday 7/21

- **LiVe Well Plate60**- Szechuan Beef w/Rice and Vegetables **\$4.18**
567/17.3gm/5.0gm/360mg
- **Entrée** –Fiesta Salad
834/23.4gm/13.0gm/2248mg **\$5.50**
- **Grill Special** –**Chicken Quesadilla**
699/39.1gm/4.1gm/1575mg **\$4.84**
- **Side Dishes** –Rice & Broccoli

Friday 7/22

- **LiVe Well Plate82** – Ginger Sesame Tilapia w/ Rice & Veg **\$4.18**
577/15.2gm/4.9gm/598mg
- **Entrée**- Chicken Marsala
267/10.7gm/0.7gm/801mg **\$4.54**
- **Grill Special** –**Chicken Quesadilla**
699/39.1gm/4.1gm/1575mg **\$4.84**
- **Side Dishes** –Vegetables & Rice

Saturday 7/23

- **LiVe Well Plate88** – Honey Lime Chipotle Chicken Fajita Bowl
558/16.1gm/10.4gm/667mg **\$4.18**
- **Entrée**- Meatloaf w/side - **\$4.84**
340/17.03gm/2.1gm/662mg
- **Grill Special**-Chicken Strips & Fries**\$4.84**
- **Side Dishes** – Au Gratin Potatoes, mac n cheese, & Roasted Carrots

Sunday 7/24

- **LiVe Well Plate99** – Teriyaki Salmon w/ Siracha Cream & Bulgur
236/4.3gm/8.1gm/604mg **\$4.18**
- **Entrée** –**Roast Pork Shoulder**
226/15.2gm/0.5gm/252mg **\$4.84**
- **Grill Special**-Chicken Strips & Fries**\$4.84**
- **Side Dishes** –Mashed potatoes & gravy

Display cooking

Pasta Bar

Chicken, Shrimp, Italian Sausage, Meatballs.
Bowtie, Cavatappi, Zucchini Noodles.
Broccoli, Zucchini, Summer squash, Fresh Tomato,
mushrooms, diced onions, sun-dried tomato,
artichokes, asparagus, carrots.

