

The Market										Spring 2023
<h1>Carvery</h1>										
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, Pork
Chicken Pot Pie	1ct	600	32	61	4	17				Wheat, Milk, Soy
Grilled Pork Chops	5 oz	179	11	0	0	20			✓	Pork
Oven Roasted Turkey (Based on Availability)	1 serving	128	3.5	0	0	24			✓	
Specialty Sides										
California Blend Veggies	4oz	44	0	7	4	4				Margarine: Soy
Roasted Carrots	4oz	304	28	11	3	2				Margarine: Soy
Daily Spuds										
Plain Baked Spud	1 ct	311	25	20	1	2		✓	✓	Milk, Soy, Whey
Loaded Baked Spud	1 ct	631	51	24	1	18		✓	✓	Milk, Soy, Whey
BBQ Spud	1 ct	632	45	36	1	20			✓	Milk, Soy, Whey
Daily Specials										
Vegetable of the Day - Managers Choice										
Green Beans	4 oz	103	6	8	4	4	✓	✓	✓	Soy
Mac & Cheese	4oz	331	6.5	65	3	16				Wheat, Milk, Soy
Mashed Potatoes	5oz	479	6	100	6	12		✓		May contain dairy
White Gravy	2oz	231	11	33	0	0		✓		Wheat, Milk
Brown Gravy	2oz	132	0	33	0	11		✓		Wheat, Milk
Roasted Red Potato	4oz	206	14	18	2	2	✓	✓	✓	
Yeast Rolls	1 roll	106	2	21	1	4		✓		Wheat, Soy
Monday										
Baby Back Ribs	4 oz	457	8	32	0	64			✓	Pork
BBQ Sauce Sweet & Bold	2 oz	128	0	32	0	0	✓	✓	✓	
Smoked Brisket	1 serving	300	21.18	26	0.9	21.7			✓	
BBQ Sausage	1 serving	457	34.18	36	0.9	14.7			✓	Pork
Smoked Pulled Pork	1 serving	309	22.18	26	0.9	21.7			✓	Pork
Specialty Sides										
Potato Salad	4 oz	171	7	24	3	3		✓	✓	Soy, Eggs
BBQ Beans	4oz	115	2.15	18	6	5				Soy
Peach Cobbler	5oz	300	13	45	1	2		✓		Wheat, Milk, Soy
Daily Spuds										
Plain Baked Spud	1 ct	311	25	20	1	2		✓	✓	Milk, Soy, Whey
Loaded Baked Spud	1 ct	631	51	24	1	18		✓	✓	Milk, Soy, Whey
BBQ Spud	1 ct	632	45	36	1	20			✓	Milk, Soy, Whey
Daily Specials										
Vegetable of the Day - Managers Choice										
Green Beans	4 oz	103	6	8	4	4	✓	✓	✓	Soy
Mac & Cheese	4oz	331	6.5	65	3	16				Wheat, Milk, Soy
Mashed Potatoes	5oz	479	6	100	6	12		✓		May contain dairy
White Gravy	2oz	231	11	33	0	0		✓		Wheat, Milk
Brown Gravy	2oz	132	0	33	0	11		✓		Wheat, Milk
Roasted Red Potato	4oz	206	14	18	2	2	✓	✓	✓	
Yeast Rolls	1 roll	106	2	21	1	4		✓		Wheat, Soy

Tuesday										
White BBQ Chicken	1 serving/4oz	132	3	0	0	26			✓	Fish (anchovies), Egg, Soy, Halal
Pork Loin	4 oz	186	0.5	0	0	20.5			✓	Pork
Pangasius	7 oz	147	3	2	2	28			✓	Fish
Pasta Primavera (Pasta, Mixed Vegetables, Herbs)	1 Serving	609	34	71	4.94	19.77		✓		Wheat, Milk
Daily Specials										
California Blend Veggies	4oz	44	0	7	4	4				
Roasted Mushrooms	4oz	176	12	4	13	4		✓	✓	Soy, Milk
Daily Spuds										
Plain Baked Spud	1 ct	311	25	20	1	2		✓	✓	Milk, Soy,Whey
Loaded Baked Spud	1 ct	631	51	24	1	18		✓	✓	Milk, Soy,Whey
BBQ Spud	1 ct	632	45	36	1	20			✓	Milk, Soy,Whey
Daily Specials										
Vegetable of the Day - Managers Choice										
Green Beans	4 oz	103	6	8	4	4	✓	✓	✓	Soy
Mac & Cheese	4oz	331	6.5	65	3	16				Wheat, Milk, Soy
Mashed Potatoes	5oz	479	6	100	6	12		✓		May contain dairy
White Gravy	2oz	231	11	33	0	0		✓		Wheat, Milk
Brown Gravy	2oz	132	0	33	0	11		✓		Wheat, Milk
Roasted Red Potato	4oz	206	14	18	2	2	✓	✓	✓	
Yeast Rolls	1 roll	106	2	21	1	4		✓		Wheat, Soy
Wednesday										
Roast Beef and Vegetables(Carrots, Celery, Onion)	4 oz	160	6	0	0	28			✓	
Spinach Penne Florentine	8oz	407	8.5	69	22	13				Milk
Tikka Masala Chicken Thighs	1 serving (5oz)	770	50	57	2	23			✓	Milk
Lemon Pepper Tilapia	1 Serving/4oz	260	16	11	0	18				Fish
Specialty Sides										
Basmati Rice	4oz	360	0	82	2	8	✓	✓	✓	
Naan Bread	1 serving	140	4	22	1	4		✓		Wheat, Milk, Eggs, Soy
Daily Spuds										
Plain Baked Spud	1 ct	311	25	20	1	2		✓	✓	Milk, Soy,Whey
Loaded Baked Spud	1 ct	631	51	24	1	18		✓	✓	Milk, Soy,Whey
BBQ Spud	1 ct	632	45	36	1	20			✓	Milk, Soy,Whey
Daily Specials										
Vegetable of the Day - Managers Choice										
Green Beans	4 oz	103	6	8	4	4	✓	✓	✓	Soy
Mac & Cheese	4oz	331	6.5	65	3	16				Wheat, Milk, Soy
Mashed Potatoes	5oz	479	6	100	6	12		✓		May contain dairy
White Gravy	2oz	231	11	33	0	0		✓		Wheat, Milk
Brown Gravy	2oz	132	0	33	0	11		✓		Wheat, Milk
Roasted Red Potato	4oz	206	14	18	2	2	✓	✓	✓	
Yeast Rolls	1 roll	106	2	21	1	4		✓		Wheat, Soy
Thursday										
White BBQ Chicken	1 serving/4oz	132	3	0	0	26			✓	Fish (anchovies), Egg, Soy, Halal
Smoked Brisket	1 serving	300	21.18	26	0.9	21.7			✓	
BBQ Sausage	1 serving	457	34.18	36	0.9	14.7			✓	Pork
Smoked Pulled Pork	1 serving	309	22.18	26	0.9	21.7			✓	Pork
Specialty Sides										
Potato Salad	4 oz	171	7	24	3	3		✓	✓	Soy, Eggs

BBQ Beans	4oz	115	2.15	18	6	5		✓	✓	Soy
Peach Cobbler	5oz	300	13	45	1	2		✓		Wheat, Milk, Soy
Daily Spuds										
Plain Baked Spud	1 ct	311	25	20	1	2		✓	✓	Milk, Soy,Whey
Loaded Baked Spud	1 ct	631	51	24	1	18		✓	✓	Milk, Soy,Whey
BBQ Spud	1 ct	632	45	36	1	20			✓	Milk, Soy,Whey
Daily Specials										
Vegetable of the Day - Managers Choice										
Green Beans	4 oz	103	6	8	4	4	✓	✓	✓	Soy
Mac & Cheese	4oz	331	6.5	65	3	16				Wheat, Milk, Soy
Mashed Potatoes	5oz	479	6	100	6	12		✓		May contain dairy
White Gravy	2oz	231	11	33	0	0		✓		Wheat, Milk
Brown Gravy	2oz	132	0	33	0	11		✓		Wheat, Milk
Roasted Red Potato	4oz	206	14	18	2	2	✓	✓	✓	
Yeast Rolls	1 roll	106	2	21	1	4		✓		Wheat, Soy
Friday										
Baby Back Ribs	4 oz	301	25	0	0	19			✓	Pork
Peri Peri Chicken	1 serving	309	43	0	0	29			✓	
Baked Cod	1 Serving	145	1	6	0	28			✓	Fish
Cajun Chicken Pasta	~4.5 oz	304	12	47	2	24				Wheat, Milk, soy
Specialty Sides										
Jollof Rice	2oz	202	0	44	1	4	✓	✓	✓	
Zucchini and Squash	4oz	17	0	4	1	1		✓		
Roasted Mushrooms	4oz	176	12	4	13	4		✓	✓	Soy, Milk
Daily Spuds										
Plain Baked Spud	1 ct	311	25	20	1	2		✓	✓	Milk, Soy,Whey
Loaded Baked Spud	1 ct	631	51	24	1	18		✓	✓	Milk, Soy,Whey
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White Gravy	2oz	231	11	33	0	0		✓		Wheat, Milk
Brown Gravy	2oz	132	0	33	0	11		✓		Wheat, Milk
Roasted Red Potato	4oz	206	14	18	2	2	✓	✓	✓	
Yeast Rolls	1 roll	106	2	21	1	4		✓		Wheat, Soy
Desserts										
	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										