







Hey U

What's for Lunch?

Resident Name: _____

Food Allergies: _____



MONDAY	3	Baked Fish With Vegetable		Protein: 19 grams Calories: 282 Carbs: 14 grams
TUESDAY	4	Chef Salad		Protein: 29 grams Calories: 280 Carbs: 10 grams
WEDNESDAY	5	Scrambled Eggs Bacon and Yogurt		Protein: 15 grams Calories: 250 Carbs: 17 grams
THURSDAY	6	Fruit Plate with Muffin		Protein: 20 grams Calories: 225 Carbs: 42 grams
FRIDAY	7	Beer Battered Fish with Cole Slaw		Protein: 17 grams Calories: 273 Carbs: 21 grams
ALTERNATE LUNCH	A N Y	Chef Salad		Protein: 29 grams Calories: 280 Carbs: 10 grams

MEAL ORDERING INFORMATION:



Please view the meal schedule and place your orders with Katie by **2:00 PM** the day before (orders for Monday lunch should be placed on Friday by 2:00 PM).

Meals are \$6.50 for those that pay the LEA and \$7.50 for non LEA. All credits may be transferred.

We will not be accepting late meal selections.

Sign up for meal selections as soon as possible either in person, via phone, or email.

Katie can be reached by email [here](#) or by phone at 863-687-0804.

Pick up meals at **12:00 PM** near the mailboxes at the clubhouse entrance.