

Village Kitchen

Healthy Options

Female Order Form

March 15-21

Name: _____

Total # items ordered: _____

Orders due: Friday, March 12 by 5 pm

Expanded Nutrition Info! F=fiber, P=Weight Watcher Points

	Breakfast	Lunch	Dinner
Monday - Wednesday	Breakfast Popover w/ Parmesan 220C- 30c 12p 5f 5F 4P \$3.50 _____	Vegetable Garden Soup w/ Basil 100C- 17c 7p 1f 4F 1P \$3.50 _____	Hoisin Pork Stir-Fry w/ Rice 313C- 42c 22p 6f 3F 6P \$6.50 _____
	Scrambled Eggs W/ Fresh Spinach 160C- 4c 14p 10f 0F 4P \$3.00 _____	Butternut Squash Risotto 336C-35c 5p 4f 2F 6P \$3.50 _____	Creamy Spinach Lasagna 328C- 46c 17p 9f 7F 7P \$5.00 _____
	Egg & Cheese Breakfast Taco w/ Salsa 334C- 34c 19p 13f 7F 7P \$3.00 _____	Chicken Salad on Lettuce 234C- 11c 35p 5f 2F 5P \$4.00 _____	Shrimp & Grits Casserole 341C- 27c 28p 13f 1F 8P \$6.00 _____
	Snack	Lemon- Dill Cucumber Dip w/ Veggies 114C- 15C 9p 0f 0F 2P \$1.50 _____	Sweet Potato Pecan Pie Tarts 89C- 13c 1p 4f 1F 2P \$1.75 _____
Thursday - Sunday	Asparagus Omelet w/ Goat Cheese 180C- 6c 19p 9f 2F 4P \$3.75 _____	White Velvet Soup 161C- 29c 6p 3f 4F 3P \$3.50 _____	Crunchy Baked Tilapia w/ Salsa Fresca 295C- 17c 38p 8f 1F 6P \$6.25 _____
	Spanish Style Scrambled Eggs 249C- 12c 36p 5f 1F 5P \$3.25 _____	Antipasto Salad 220C- 25c 14p 9f 2F 5P \$4.00 _____	Baked Pasta w/ Sausage, Tomatoes, & Cheese 275C- 35c 16p 8f 3F 6P \$5.50 _____
	Southwestern Strata 255C-18c 23p 9f 1F 6P \$3.50 _____	Korean Sesame Beef Lettuce Wraps 249C- 31c 12p 7f 2F 5P \$4.00 _____	Grilled Flank Steak w/ Mushroom Ragout 355C-8c 53p 12f 2F 7P \$6.25 _____
	Western Omelet 179C-5c 27p 5f 1F 4P \$3.75 _____	Portobello Burger 256C- 35c 9p 8f 6F 5P \$4.50 _____	Pasta w/ Roasted Red Pepper Sauce 258C- 50c 9p 2f 3F 5P \$5.50 _____
Snack	Fudgy-Mint Brownie Bites 89C-16c 1p 2f 1F 2P \$1.75 _____	Lemon Blueberry Muffin 104C- 21c 3p 2f 1F 2P \$1.50 _____	Gingersnap-Date Balls 68C- 12c 1p 2f 0F 1P \$1.75 _____

Total Number of Items Ordered: _____ Total Amount Due \$ _____

Call 828-855-0328 to place your order by phone or fax to 828-855-0327

Payment due upon order - 8% sales tax will be added before processing

Name _____

Pick Up

Phone Number _____

Monday – Wednesday orders after 10am Monday

Email _____

Thursday – Sunday orders after 10am Thursday

Credit Card # _____ Exp Date _____