

Village Kitchen

Healthy Options

Male 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 330C- 45c 18p 8f 8F 6P \$4.00 _____	Vegetable Garden Soup w/ Basil 150C- 26c 11p 2f 6F 2P \$4.00 _____	Hoisin Pork Stir-Fry w/ Rice 470C- 65c 33p 9f 5F 9P \$7.00 _____
	Scrambled Eggs W/ Fresh Spinach 240C- 6c 21p 15f 0F 6P \$3.50 _____	Butternut Squash Risotto 419C-71c 10p 9f 3F 8P \$4.00 _____	Creamy Spinach Lasagna 492C- 69Cm26p 13f 9F 10P \$5.50 _____
	Egg & Cheese Breakfast Taco w/ Salsa 501C- 51c 28p 19f 10F 11P \$3.50 _____	Chicken Salad on Lettuce 351C- 16c 52p 8f 3F 7P \$4.50 _____	Shrimp & Grits Casserole 511C- 41c 42p 19f 2F 11P \$6.50 _____
	Snack	Lemon- Dill Cucumber Dip w/ Veggies 128C- 30c 18p 0f 0F 3P \$2.00 _____	Sweet Potato Pecan Pie Tarts 178C- 26c 1p 8f 1F 4P \$2.25 _____
Thursday - Sunday	Asparagus Omelet w/ Goat Cheese 360C- 12c 38p 18f 4F 8P \$4.25 _____	White Velvet Soup 322C- 58c 12p 6f 8F 6P \$4.00 _____	Crunchy Baked Tilapia w/ Salsa Fresca 443C- 26c 57p 12f 2F 9P \$6.75 _____
	Spanish Style Scrambled Eggs 374C- 18c 54p 8f 2F 8P \$3.75 _____	Antipasto Salad 330C-38c 21p 13f 3F 7P \$4.50 _____	Baked Pasta w/ Sausage, Tomatoes, & Cheese 413C- 53c 24p 12f 5F 8P \$6.00 _____
	Southwestern Strata 383C- 27c, 35p, 14f 2F 8P \$4.00 _____	Korean Sesame Beef Lettuce Wraps 498C- 62c 25p 14f 3F 11P \$4.50 _____	Grilled Flank Steak w/ Mushroom Ragout 426C- 12c 79p 18f 3F 9P \$6.75 _____
	Western Omelet 269C-8c 41p 2c 2F 6P \$4.25 _____	Portobello Burger 384C- 53c 14p 12f 9F 8P \$5.00 _____	Pasta w/ Roasted Red Pepper Sauce 387C-75c 14p 3f 5F 7P \$6.00 _____
Snack	Fudgy-Mint Brownie Bites 133C- 24C 2p 3f 1F 2P \$2.25 _____	Lemon Blueberry Muffin 208C- 42c 6p 4f 2F 4P \$2.00 _____	Gingersnap-Date Balls 136C-24c 1p 4f 1F 3P \$2.25 _____

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 _____