

2018

June



And so much more...

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|--|--|---|----------|--------|
| 28 | 29 | 30 | 31 | 01 | 02 | 03 |
| 04 Turkey & American Cheese Sandwich- with Potato Chips & Pickles Calories 360-420 Side Salad Calories : 240-300 *White/ Wheat/ or Gluten Free Bread | 05 Macaroni & Cheese - Calories- 420 Side Salad Calories: 240-300 ** Vegetarian | 06 J. D. Nuggets with Organic Apple Slices Calories: 170 Side Salad Calories: 240-300 ** Gluten-Free | 07 Bowtie Pasta with Alfredo/Marinara Chicken Onside Calories: 540-640 Side Salad Calories: 240-300 **Vegetarian Pasta Available | 08 Potato Bar with Toppings of Bacon, Cheddar, and Butter Onside Calories: 310-560 Side Salad Calories: 240-300 **Vegetarian Available **Gluten Free | 09 | 10 |
| 11 Turkey & American Cheese Sandwich- with Potato Chips & Pickles Calories 360-420 Side Salad Calories : 240-300 *White/ Wheat/ or Gluten Free Bread | 12 Macaroni & Cheese - Calories- 420 Side Salad Calories: 240-300 ** Vegetarian | 13 J. D. Nuggets with Organic Apple Slices Calories: 170 Side Salad Calories: 240-300 ** Gluten-Free | 14 Bowtie Pasta with Alfredo/Marinara Chicken Onside Calories: 540-640 Side Salad Calories: 240-300 **Vegetarian Pasta Available | 15 Potato Bar with Toppings of Bacon, Cheddar, and Butter Onside Calories: 310-560 Side Salad Calories: 240-300 **Vegetarian Available **Gluten Free | 16 | 17 |

*** Salad Bar option offered as an additional option/ or as a meal alternative for the lunch choice each day.
 *** Salad Bar Will Contain Iceberg Lettuce, Organic Carrots, Grape Tomatoes, and Cucumber Slices, Cheddar Cheese and Croutons. Cheese and Croutons will be served on the side to aid with gluten/ dairy sensitivity. Gluten Free Ranch & Gluten /Dairy Free Italian Dressing will be served on the side. Calorie count will vary due to dressing addition.
 ***Each meal includes choice of Organic White/ Chocolate Milk or Organic Apple Juice each day.

Please be advised that all of our foods are prepared in a common kitchen and that Jason's Deli cannot guarantee that cross-contact with other gluten-containing products will not occur. As a result, we cannot recommend this for persons with

Celiac Disease. Our gluten-free offerings are designed for those with gluten sensitivities or those who prefer to avoid gluten for nutritional reasons.

****** Jason's Deli Products Are All MSG Free and use no artificial colors & dyes or high-fructose corn syrup!**