

2019

June



And so much more...

LUNCH OFFERED
AT POUDE,
WEBBER, AND
PRESTON

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
27	28	29	30	31	01	02
03 Turkey & American Cheese Sandwich- with Potato Chips & Pickles Calories 360-420 Side Salad Calories : 240-300 *White/ Wheat/ or Gluten Free Bread	04 Macaroni & Cheese - Calories- 420 Side Salad Calories: 240-300 ** Vegetarian	05 J. D. Nuggets with Organic Apple Slices Calories: 170 Side Salad Calories: 240-300 ** Gluten-Free	06 Bowtie Pasta with Alfredo/Marinara Chicken Onside Calories: 540-640 Side Salad Calories: 240-300 **Vegetarian Pasta Available	07 Potato Bar with Toppings of Bacon, Cheddar, and Butter Onside Calories: 310-560 Side Salad Calories: 240-300 **Vegetarian Available ** Gluten Free	08	09
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*** 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!