

	<i>calories</i>
Ziti with Roasted Tomato & Shallots   <i>Roasted Grape Tomatoes, Broccoli, Capers and Chicken Broth Tossed with Ziti and Parmesan</i> Contains milk, wheat, gluten	320
Caribbean Fruit Glazed Chicken  <i>Seared Chicken Breast Basted with Caribbean Apricot Glaze</i> Contains milk, soy	140
Napa Valley Glazed Salmon <i>Salmon Fillet with a Honey Mustard Thyme Glaze</i> Contains fish, mustard	220
Grilled Flat Iron Steak <i>Flat Iron Steak Seasoned with Garlic and Parsley</i> Contains soy	210
Ripe Tomato Pizzetta   <i>Whole Wheat Flatbread Layered with Ricotta Cheese, Tomatoes, Wilted Spinach, Roasted Garlic and Parmesan Cheese</i> Contains milk, wheat, gluten	290
Garlic Shrimp <i>Lemon Pepper Shrimp with White Wine and Alfredo Sauce</i> Contains milk, fish, shellfish, wheat, soy, gluten	160

2,000 calories a day is used for general nutrition advice, but calorie needs vary.
 Additional nutrition information available upon request.