

## LEARN FIT

**FIT** is moderate in calories and fat



Snap here to learn more

## LET'S TALK WELLNESS

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#### Superfood AVOCADO

Avocado is a great source of Omega 3's which can promote a healthy blood profile and joint health



## FUN FUN FUN FUN FUN

Don't Forget to Enter to win the cook book , the winner will be announced next week!

Good Luck

<b>M</b>	<b>Soup's On</b> Split Pea Soup <b>FIT</b> Potato Soup	2.99/3.90
	<b>Deli</b> Turkey and Cheddar Panini	4.49
	<b>Entrée</b> Hot Carved Roast Pork Loin	5.49
	<b>Sides</b> Seasonal Vegetables	1.29
	<b>Grill</b> Turkey Melt	3.99

<b>T</b>	<b>Soup's On</b> Tortilla Soup <b>FIT</b> Turkey Vegetable Soup	2.99/3.90
	<b>Deli</b> Chicken BLT	4.49
	<b>Entrée</b> , Meat Lasagna served with two sides	5.49
	<b>Sides</b> , Seasonal Vegetables	1.29
	<b>Grill</b> Grilled Vegetable Sandwich	3.99

<b>W</b>	<b>Soup's On</b> Tomato Basil Soup <b>FIT</b> Chicken Noodle soup	2.99/3.90
	<b>Deli</b> Italian Hero	4.49
	<b>Entrée</b> Sweet and Sour Meatballs	5.49
	<b>Sides</b> , Seasonal Vegetables	1.29
	<b>Grill</b> Grilled Lime Chicken Sandwich <b>FIT</b>	3.99

<b>T</b>	<b>Soup's On</b> Minestrone Soup <b>FIT</b> Chili White Bean Soup	2.99/3.90
	<b>Deli</b> Ham Cheddar Panini Melt <b>FIT</b>	4.49
	<b>Entrée</b> Freshly Tossed Lanice Salad	6.49
	<b>Sides</b> Your choice of toppers	0.00
	<b>Grill</b> Meatball Parmesan	3.99

<b>F</b>	<b>Soup's On</b> Beef Vegetable <b>FIT</b> Seafood Chowder	2.99/3.90
	<b>Deli</b> Roast Beef and Swiss	4.49
	<b>Entrée</b> , Spicy Thai Tilapia	5.49
	<b>Sides</b> , Seasonal Vegetables	1.29
	<b>Grill</b> Fish and Chips	4.99