

Wednesday Lunch

SOUP

Cream of Broccoli Soup *GF*

Onion, 2% milk, white pepper

¾ cup: 122calories, 6g Protein, 7g Fat,
2g Sat Fat, 214mg Sodium, 11g Carb, 1g Fiber

SALADS

Salad Bar

Cole Slaw Supreme

Green pepper, carrot, onion powder, sugar,
salt, pepper, celery seeds, coleslaw dressing

ENTREES

French Dip Sandwich

GF Without the Bread

Beef stock

3 oz: 456 Calories, 27g Protein, 21g Fat, 8g Sat Fat, 496mg Sodium, 37g Carb, 2g Fiber

Shrimp Salad

Celery, cucumber, lettuce, mayo, lemon juice, salt, mustard, paprika

¾ cup: 263 Calories, 22g Protein, 19g Fat, 3g Sat Fat, 959mg Sodium, 2g Carb, 1g Fiber

Pasta w/Ricotta & Vegetables

Eggplant, cherry tomatoes, pepper, oil, mozzarella cheese, basil, squash

8oz: 315 Calories, 14g Protein, 12g Fat, 5g Sat Fat, 177mg Sodium, 38g Carb, 4g Fiber

ACCOMPANIMENTS

Garlic Bread

Honey Glazed Carrots  *GF*

Homemade Potato Chips

Seasoned Asparagus *GF*

DESSERTS

Blonde Brownie

Dark Cherries

Menu Subject to Change Without Notice

GF = Gluten Free (items will be marked daily)

 = *Low Sodium or No Sodium*

Wednesday Dinner

SOUP

Lemon Orzo Soup

Onions, carrot, celery, garlic, chicken breast,
spinach

¾ cup: 67 calories, 7g Protein, 2g Fat,
1g Sat Fat, 79mg sodium, 5g Carb, 1g Fiber

SALADS

Salad Bar

Arugula & Mushroom Salad

Lemon juice, vinegar, oil, parmesan cheese

ENTREES

Sage & Molasses Roasted Turkey

Salt, brown sugar, thyme, sage, onion, garlic, chicken stock, apple cider vinegar, salt, pepper,
Worcestershire sauce, ginger snap

4oz: 171 calories, 22g protein, 7g fat, 2g sat fat, 644mg sodium, 4g carb, 0g fiber

Almond Crusted Trout

Almonds, breadcrumbs, parsley, flour, garlic powder, onion powder, salt, pepper, egg, oil

5oz: 402 Calories, 26g Protein, 23g Fat, 2g Sat Fat, 210mg Sodium, 25g Carb, 3g Fiber

Pasta w/Ricotta & Vegetables

Eggplant, zucchini, cherry tomatoes, salt, pepper, oil, mozzarella cheese, basil

8oz: 315 Calories, 14g Protein, 12g Fat, 5g Sat Fat, 177mg Sodium, 38g Carb, 4g Fiber

ACCOMPANIMENTS

Bread Stuffing

Mashed Potatoes

Seasoned Peas

Basil, pepper, butter

Fresh Spinach

DESSERTS

Iced Sour Cream Pound Cake

Mixed Melon

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