

Friday Lunch

SOUP

Corn, Potato & Mushroom Chowder

Thyme, garlic, parsley, onion, vegetable base,
corn, black pepper

$\frac{3}{4}$ Cup: 116 Calories, 3g Protein, 4g Fat,
1g Sat Fat, 147mg Sodium, 19g Carb, 2g fiber

SALADS

Salad Bar

ENTREES

Citrus Shrimp Cold Plate

Citrus Shrimp and Corn and Black Bean Salad on a Bed of Spinach with Mangos and Red Onions

Citrus shrimp: lime and orange juice, olive oil, cilantro, garlic, hot pepper sauce, scallions

Corn and black bean salad: tomato, scallions, cilantro, black beans, corn, jalapeno, lime juice,
cumin, black pepper

1 plate: 202 Calories, 18g protein, 6g fat, 1g sat fat, 236mg sodium, 23g carb, 4g fiber

Buffalo Burger

Charbroiled Bison Burger served on top a Fresh Bun with Lettuce and Onion

1 burger w/bun: 487 calories, 34g protein, 27g fat, 10g sat fat, 366mg sodium, 27g carb, 1g fiber

Vegetarian Quinoa Patties

Quinoa, onion, garlic, egg, chives, feta cheese, breadcrumbs fried in olive oil

1 patty: 345 Calories, 12g Protein, 17g Fat, 4g Sat Fat, 412mg Sodium, 35g Carb, 3g fiber

ACCOMPANIMENTS

Sweet Potato Fries

Grilled Eggplant

Garlic, Onion, Red Pepper, Balsamic Oil

Long Grain & Wild Rice

Steamed Broccoli

DESSERTS

Baklava

Fresh Pineapple

GF = Gluten Free (items will be marked daily)

 = Low Sodium or No Sodium

Friday Dinner

SOUP

French Onion Soup

Onions, Garlic, Beef Stock, Chicken Stock,
and Sherry Wine

¾ cup: 58 Calories, 1g Protein, 4g Fat,
2g Sat Fat, 250mg Sodium, 5g Carb, 0g fiber

SALADS

Salad Bar

Strawberry Waldorf Salad

ENTREES

Moroccan Braised Beef

Top Round Beef Braised in Sauce containing: Onions, Garlic, Paprika,
Cumin, Sherry Wine, Raisins, and Tomatoes.

6 oz: 298 calories, 30g protein, 9g fat, 2g sat fat, 112mg sodium, 25g carb, 3g fiber

Stuffed Sole

Sole Rolled and Stuffed with Scallop and Crabmeat Stuffing contains almonds
4oz: 486 calories, 39g protein, 29g fat, 12g sat fat, 366mg sodium, 19g carb, 1g fiber

Vegan Jambalaya

Onions, Carrots, Celery, Peppers, Tofu stewed in a
Rich Creole Tomato Sauce, with Lentils

1 cup: 313 Calories, 12g Protein, 7g Fat, 2g Sat Fat, 173mg Sodium, 51g Carb, 9g fiber

ACCOMPANIMENTS

Baked Potato 

Basmati Rice 

Sautéed Spinach
w/ Feta Cheese

Fresh Asparagus 

DESSERTS

Cherry Pie

Bing Cherries

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