

# Friday Lunch

## SOUP

**Herbed Chicken Noodle**

### **Soup**

Chicken stock, onion, carrots, seasoning,  
white pepper, celery, poultry seasoning

$\frac{3}{4}$  cup: 61 Calories, 6g Protein, 2g Fat, 0g Sat Fat,  
130mg Sodium, 6g Carb, 1g fiber

## SALADS

**Salad Bar**

**Pineapple Waldorf Salad** 

## ENTREES

**Gourmet Burger on a Bun** 

A Quarter Pound All Beef Burger Char Broiled and Served with Your Choice of Bacon, Sautéed Mushrooms, Sautéed Onions, American, Swiss or Cheddar Cheese and Ketchup, Mustard  
Hamburger on a Bun: 398 Calories, 27g Protein, 20g Fat, 8g Sat Fat, 356mg Sodium, 28g Carb, 2g fiber

**Spinach Mushroom Quesadilla** 

Feta and Mozzarella Cheeses, Olives, Black Pepper, Jalapeno, Zucchini, Garlic, Oregano, Onion  
1/2 : 187 Calories, 5g Protein, 12g Fat, 5g Sat Fat, 251mg Sodium, 16g Carb, 2g Fiber

**Chicken Breast with Roasted Tomato Salsa** 

Cilantro, Jalapeno, Garlic, Onion, Tomato, Cumin, Lime Juice

4oz w/salsa: 205 Calories, 24g Protein, 7g Fat, 3g Sat Fat, 73mg Sodium, 2g Carb, 0g fiber

2 tenders: 195 calories, 24g protein, 7g fat, 3g sat fat, 71mg sodium, 0g carb, 0g fiber

## ACCOMPANIMENTS

**Onion Rings**

**Broccoli** 

**Potato Pancakes**

**Arugula w/Mushrooms** 

## DESSERTS

**Cookies**

**Pears**

*GF = Gluten Free (items will be marked daily)*

 = Low Sodium or No Sodium

# Friday Dinner

## SOUP

### Italian Wedding Soup

Onion, celery, carrot, garlic, egg, spinach, meat balls, pasta, chicken & beef stock  
¾ cup: 229 calories, 23g protein, 7g fat, 2g sat fat, 187mg sodium, 18g carb, 2g fiber


## SALADS

### Salad Bar

Mixed Greens 

## ENTREES

### Chicken Parmesan

Seasoned bread crumbs, topped with marinara sauce and mozzarella cheese   
4oz w/ sauce: 325 calories, 41g protein, 13g fat, 4g sat fat, 332mg sodium, 12g carb, 1g fiber  
Plain 4oz breast: 195 calories, 24g protein, 7g fat, 3g sat fat, 71mg sodium, 0g carb, 0g fiber

### Sautéed Rainbow Trout w/Rustic Green Sauce

4 oz: 351 Calories, 26g Protein, 27g Fat, 5g Sat Fat, 71mg Sodium, 2g Carb, 0g fiber

### Eggplant Steaks with Gorgonzola Cheese

Thick Eggplant Slices brushed with Seasoned Olive Oil, Pepper, Tomatoes and Baked then topped with Pesto, Capers, and Gorgonzola Cheese  
2 slices: 238 Calories, 12g Protein, 14g Fat, 7g Sat Fat, 310mg Sodium, 18g Carb, 6g fiber

## ACCOMPANIMENTS

### Fresh Vegetable Risotto

Thyme, Olive Oil, Garlic, Parsley, Broccoli, Cauliflower, Carrot

### Fresh Zucchini

### Whole Wheat Pasta

### Broccoli Rabe with Garlic

## DESSERTS

### Devil's Food Biscotti

### Citrus Sections

*GF = Gluten Free (items will be marked daily)*

 = Low Sodium or No Sodium