

Friday Lunch

SOUP

Beef Noodle Soup

Onion, carrot, celery, pepper, thyme, beef stock
¾ cup: 60 Calories, 5g Protein, 2g Fat,
1g Sat Fat, 58mg Sodium, 6g Carb, 1g fiber

SALADS

Salad Bar

Carrot Raisin Salad
Mayonnaise, sugar, lemon juice

ENTREES

Baked Macaroni and Cheese

The Ultimate Comfort Food, a Perfect Meal When Paired with Stewed Tomatoes
¾ Cup: 328 Calories, 13g Protein, 18g Fat, 11g Sat Fat, 206mg Sodium, 29g Carb, 1g fiber

Crab Cake Sandwich

3oz patty on bun: 327 Calories, 19g Protein, 15g Fat, 4g Sat Fat, 835mg Sodium, 30g Carb, 1g fiber

Turkey Cranberry Wrap

Mandarin Oranges, Apples, Craisins, Plain Yogurt, Mayonnaise, Lettuce, Sliced Turkey,
Mozzarella Cheese, Pecans, Wrapped in a Whole Wheat Tortilla
1 - 9" wrap: 340 Calories, 29g Protein, 11g Fat, 4g Sat Fat, 670mg Sodium, 30g carbs, 3g fiber

ACCOMPANIMENTS

French Fries

Asparagus Spears

Roasted Redskin Potatoes

Stewed Tomatoes

Olive oil, paprika, salt, pepper, onion powder,
garlic powder

DESSERTS

Mandarin Oranges

Cranberry Apple Crisp

Menu Subject to Change Without Notice

GF = Gluten Free (items will be marked daily)

 = Low Sodium or No Sodium

Friday Dinner

SOUP

Carrot Cumin & Lime Soup
With Toasted Pecans

Carrots, Cumin, Onion, Pecans, Chicken Stock
¾ cup: 56 Calories, 2g Protein, 4g Fat,
1g Sat Fat, 154mg Sodium, 7g Carb, 2g Fiber

SALADS

Salad Bar

Pickled Beet Salad

Vinegar, Brown Sugar, Cinnamon, Cloves

ENTREES

Sesame Ginger Chicken Thighs 

2 thighs: 261 Calories, 28g Protein, 12g Fat, 3g Sat Fat, 319mg Sodium, 10g Carb, 0g Fiber

Salmon Baked with Onion Marmalade 

4oz: 320 Calories, 26g Protein, 12g Fat, 2g Sat Fat, 107mg Sodium, 26g Carb, 1g Fiber

Spicy Lentil Spaghetti 

Whole Wheat Spaghetti Topped with Onion and Garlic, Lentils, Crushed Red Pepper,
Chopped Tomato, Tomato Paste, Vinegar, Basil and Oregano,
1 cup: 845 Calories, 31g Protein, 5g Fat, 0g Sat Fat, 62mg Sodium, 164g Carb, 14g Fiber

ACCOMPANIMENTS

Baked Potato 

Wax Beans 

Fried Rice

Green Peas 

Soy Sauce, Sesame Seed Oil, Peas, Carrots, Egg

DESSERTS

Apricot Halves

Lemon Poppy Seed Cake

Menu Subject to Change Without Notice

GF = Gluten Free (items will be marked daily)

 = *Low Sodium or No Sodium*