

Friday Lunch

SOUP

Mexican Tortilla Soup

Chicken, cilantro, cumin, onion, garlic, oregano,
vegetable stock, tomato, lime juice, onions
¾ cup: 165 Calories, 13g Protein, 7g Fat,
3g Sat Fat, 386mg Sodium, 12g Carb, 1g fiber

SALADS

Salad Bar

Cole Slaw 

ENTREES

Beef and Bean Burrito

Beef, refried beans, onion, garlic, cumin wrapped in tortilla
topped with enchilada sauce and cheddar cheese

½ burrito: 160 Calories, 7g Protein, 9g Fat, 4g Sat Fat, 217mg Sodium, 14g Carb, 2g Fiber

BBQ Beef Sandwich

Shredded Beef with tangy BBQ sauce on a bun

Sandwich: 378 calories, 31g protein, 8g fat, 2g sat fat, 705mg sodium, 43g carb, 2g fiber

Coconut Crusted Tilapia

Baked Tilapia with Black Pepper, Garlic, Milk, Flour

4 oz: 203 Calories, 20g Protein, 10g Fat, 3g Sat Fat, 174mg Sodium, 9g Carb, 1g Fiber

ACCOMPANIMENTS

Curly Fries

Refried Beans

Spanish Rice

Onion, Green Pepper

Chopped Spinach 

DESSERTS

Shortbread Cookies

Sliced Pears

GF = Gluten Free (items will be marked daily)

 = *Low Sodium or No Sodium*

Friday Dinner

SOUP

Vegetarian Summer

Lentil Soup

Celery, Carrot, Onion, Tomato Paste, Vegetable Stock, Herbs, Garlic, Red Wine

¾ cup: 97 calories, 6g protein, 1g fat,

0g sat fat, 177mg sodium, 15g carb, 5g fiber

SALADS

Salad Bar

Couscous &

Vegetable Salad

ENTREES

Berry Glazed Salmon

Baked Salmon topped with a Glaze containing Blueberries, Blackberries, Raspberries, Juniper Berries, Maple Syrup and Black Pepper.

5 oz w/sc: 230 Calories, 30g Protein, 5g Fat, 1g Sat Fat, 112mg Sodium, 15g Carb, 2g Fiber

Roasted Pork Sirloin

Roasted Sirloin of Pork with

Herbs, Garlic, Worcestershire Sauce, Salt, and Pepper

4oz Slices: 291 Calories, 42g Protein, 13g Fat, 5g Sat Fat, 349mg Sodium, 0g Carb, 0g Fiber

Stuffed Portobello with Eggplant

Portobello Mushroom stuffed w/eggplant, tomatoes, basil, garlic, Burgundy

1 mushroom: 116 Calories, 6g Protein, 7g Fat, 1g Sat Fat, 71mg Sodium, 11g Carb, 4g fiber

ACCOMPANIMENTS

Baked Potato

Roasted Asparagus

Pasta with Parsley

Vegetable Ratatouille

Onion, tomato, garlic, eggplant, squash, green pepper, and herbs

DESSERTS

Pecan Pie

Fresh Fruit

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