

# Monday Lunch

## SOUP

### Cream of Potato and Mushroom Soup

1% milk, black pepper, onions, bacon,  
chicken stock, sherry wine

¾ cup: 104 Calories, 6g Protein, 3g Fat,  
1g Sat Fat, 309mg Sodium, 13g Carb, 1g fiber

## SALADS

### Salad Bar

### Marinated Asparagus Salad

## ENTREES

### Breaded Pork Chop Cutlet

309 Calories, 31g Protein, 14g Fat, 4g Sat Fat, 461mg Sodium, 13g Carb, 1g fiber

### Chicken and Brie Sandwich with Roasted Tomatoes

Grilled Chicken Breast Served Warm with a Garlic Mayonnaise with Mustard,  
Tomatoes, Brie Cheese, Balsamic Vinegar and Oil, Spinach

1 sandwich: 297 Calories, 21g Protein, 13g Fat, 4g Sat Fat, 563mg Sodium, 24g Carb, 2g fiber

### Spaghetti with Meat Sauce

The Ultimate Comfort food.

1 Cup: 221 calories, 11g protein, 5g fat, 1g sat fat, 380mg sodium, 32g carb, 4g fiber

## ACCOMPANIMENTS

Breadstick

Broccoli 

Mashed Potatoes 

Corn 

Curly Fries

## DESSERTS

Italian Rum Cake

Citrus Sections

*GF = Gluten Free (items will be marked the day of)*

# Monday Dinner

## SOUP

### Smoked Salmon Chowder

Smoked Salmon, Mushrooms, Garlic,  
Onion, Half & Half, Dill, Parsley

$\frac{3}{4}$  cup: 137 Calories, 7g Protein, 9g Fat,  
5g Sat Fat, 222mg Sodium, 8g Carb, 1g Fiber

## SALADS

### Salad Bar

### Iceberg Salad

## ENTREES

### Seafood Newburg

Scallops, Crab, and Clam in a Cream Sauce. Served Over a Biscuit.

$\frac{3}{4}$  cup: 500 Calories, 21g Protein, 41g Fat, 21g Sat Fat, 369mg Sodium, 5g Carb, 0g Fiber

### Beef Swiss Steak

Baked Swiss Steak Slow-cooked In A Tomato Gravy: Onion, Celery, Carrot,  
Beef Stock, Clove, Bay leaves

6oz: 204 Calories, 12g Protein, 11g Fat, 2g Sat Fat, 289mg Sodium, 13g Carb, 1g Fiber

### Eggplant Lasagna with Garlic Béchamel Sauce

Lasagna Pasta Layered with Fresh Eggplant Slices, Onion, Basil,  
Mozzarella Cheese, and Creamy Roasted Garlic Cream Sauce

3x3 in piece: 256 Calories, 12g Protein, 14g Fat, 8g Sat Fat, 195mg Sodium, 23g Carb, 2g Fiber

## ACCOMPANIMENTS

### Mashed Potatoes

2%, Butter

### Baby Beets

### Green Beans

### Parsley Linguine

## DESSERTS

### Toll House Pie

### Fresh Strawberries

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