

# Monday Lunch

## SOUP

### Italian Chicken Lentil Soup

Diced chicken, onion, zucchini, carrots, Kendal's home grown herbs Basil, Parsley, and Rosemary Lentils, mushrooms, tomatoes, chicken stock.

¾ cup: 111 Calories, 12g Protein, 4g Fat, 1g Sat Fat, 247mg Sodium, 10g Carb, 3g fiber

## SALADS

### Salad Bar

### Bleu Cheese Cole Slaw

## ENTREES

### Chilled Seared Ahi Tuna Cold Plate

Seared tuna on a bed of fresh baby greens with a lime ginger dressing  
1 plate: 420 calories, 48g protein, 13g fat, 2g sat fat, 365mg sodium, 24g carb, 3g fiber

### Grilled Eggplant Banh Mi Sandwich

Vine vinegar, sugar, carrots, eggplant, canola oil, peanut butter, minced green onion, minced ginger, yellow miso, lime juice, cucumber slices, cilantro, jalapeno pepper slices on French Baguette  
1 sandwich: 392 calories, 14g protein, 15g fat, 3g sat fat, 575mg sodium, 56g carb, 8g fiber

### Fish and Chips

4oz Fish: 240 calories, 15g protein, 12g fat, 2g sat fat, 550mg sodium, 16g carb, 0g fiber

## ACCOMPANIMENTS

### Roasted Beets

Garlic, onion, olive oil

### Steamed Green Peas

## DESSERTS

### Assorted Cookies

### Melon Mix

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

 = Low Sodium or No Sodium

# Monday Dinner

## SOUP

### Chilled Cucumber Soup

Sour cream, lemon juice,  
vegetable base, cucumbers, white pepper

3/4 cup: 141 Calories, 2g Protein, 13g Fat, 8g Sat Fat,  
129mg Sodium, 5g Carb, 0g fiber

## SALADS

### Salad Bar

### Boston Bibb Lettuce Salad

## ENTREES

### Chicken and Baby Artichoke Sauté

Artichoke, lemon olive oil, onion, garlic, basil, rosemary, chicken broth served over Fettuccine pasta

13oz: 481 calories, 35g protein, 16g Fat, 3g Sat Fat, 370mg Sodium, 50g carb, 11g fiber

### Arctic Char with Peanut-Basil Relish

Baked Char seasoned with orange zest & rosemary topped with relish containing:  
Basil, peanuts, serrano pepper, garlic, green onions, fish sauce, sesame oil, olive oil  
4oz w/ sauce: 189 calories, 22g protein, 10g fat, 4g sat fat, 76mg sodium, 1g carb, 0g fiber

### Asparagus with Pasta and Cheese

Pasta and asparagus with Parmesan cheese, 1/2 and 1/2, skim milk, chives, onion and garlic

8oz: 359 Calories, 16g Protein, 8g Fat, 4g Sat Fat, 101mg Sodium, 56g Carb, 2g fiber

## ACCOMPANIMENTS

### Mashed Potatoes

2%, butter

### Garden Vegetable Blend

### Succotash w/Edamame

### Wheat berry and Pistachio Pilaf

## DESSERTS

### Cookies & Cream Pie

### Citrus Sections

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