

# Monday Lunch

## SOUP

### Black Bean and Corn Soup

Red pepper, onion, garlic, oregano, vegetable stock, sherry, cumin

¾ cup: 209 calories, 10g protein, 3g fat, 1g sat fat, 174mg sodium, 34g carb, 10g fiber

## SALADS

### Salad Bar

## ENTREES

### Fresh Fruit and Cottage Cheese Cold Plate with a Corn Muffin<sup>Ⓝ</sup>

Fresh Seasonal Fruits Surrounded by Cottage Cheese

Fruit Plate: 164 Calories, 13g Protein, 1g Fat, 0g Sat Fat, 30mg Sodium, 29g Carb, 4g fiber

Muffin: 268 Calories, 3g Protein, 6g Fat, 2g Sat Fat, 298mg Sodium, 21g Carb, 1g fiber

### Grilled Reuben Sandwich

Corned Beef Brisket with Swiss Cheese, Sauerkraut, Thousand Island Dressing On Rye Bread

1 sandwich: 422 Calories, 20g Protein, 30g Fat, 14g Sat Fat, 1107mg Sodium, 18g carb, 2g fiber

### Salmon Salad on a Croissant

old bay, lite mayo, celery, ground mustard

1 sandwich: 385 calories, 10g protein, 21g fat, 9g sat fat, 684mg sodium, 39g carb, 3g fiber

## ACCOMPANIMENTS

### Sweet Potato Fries

### Lima Beans Smitane<sup>Ⓝ</sup>

Red pepper, garlic, chives, sour cream

### Roasted Beets<sup>Ⓝ</sup>

onion, garlic, pepper, olive oil

## DESSERTS

### Bing Cherries

### Cookies

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

<sup>Ⓝ</sup> = *Low Sodium or No Sodium*

# Monday Dinner

## SOUP

### Chilled Peach Soup

Sugar, Triple Sec, Lemon Juice, Cinnamon,  
Nutmeg, and Heavy Cream  
¾ cup: 461 calories, 4g protein, 41g fat,  
25g sat fat, 67mg sodium, 21g carb, 2g fiber

## SALADS

### Salad Bar

Romaine and  
Red Leaf Salad 

## ENTREES

### Roasted Turkey

Carrots, celery, onion  
2oz slice: 94 calories, 17g protein, 2g fat, 1g sat fat, 128mg sodium, 0g carb, 0g fiber

### Oven Fried Catfish

Fried breaded catfish  
4oz: 344calories, 21g protein, 22g fat, 5g sat fat, 785mg sodium, 14g carb, 0g fiber

### Butter Bean Stew

Leeks, Mushrooms, Bok Choy, Red Peppers and Peanut Butter in Soy Sauce  
1 cup: 283 Calories, 12g Protein, 11g Fat, 2g Sat Fat, 227mg Sodium, 38g Carb, 8g fiber

## ACCOMPANIMENTS

### Bread Stuffing

onion

### String Beans

### Mashed Potatoes

w/ Roasted Garlic

### Sautéed Spinach

## DESSERTS

### Coconut Cream Pie

### Roasted Pineapple

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