

Monday Lunch

SOUP

Colonial Navy Bean Soup

Navy beans, onion, celery, garlic, Worcestershire sauce, ham, black pepper, LS vegetable stock
¾ cup: 112 Calories, 7g Protein, 2g Fat, 0g Sat Fat, 271mg Sodium, 18g Carb, 7g fiber

SALADS

Salad Bar

Romaine and Red Leaf Salad

Cranberries, Feta Cheese

ENTREES

Sautéed Pierogies with Onions & Mushrooms

3 Pierogies: 233 calories, 8g protein, 6g fat, 2g sat fat, 299mg sodium, 37g Carb, 2g fiber

Grilled Hot Dog

Hot Dog on a bun with your choice of toppings Onion, Relish

Plain Hot Dog: 300 calories, 10g protein, 17g fat, 6g sat fat, 770mg sodium, 26g carb, 2g fiber

Turkey Club Wrap

Turkey, Bacon, Lettuce, Tomato and Mayonnaise wrapped in a flour tortilla wrap: 581 calories, 24g protein, 40g fat, 9g sat fat, 1531mg sodium, 32g Carb, 3g fiber

ACCOMPANIMENTS

Baked Beans

ketchup, onion, brown sugar, yellow mustard, molasses, black pepper

Corn on the Cob

Grilled Eggplant

Homemade Potato Chips

DESSERTS

Carrot Cake w/ Cream Cheese Icing

Watermelon

GF = Gluten Free (items will be marked daily)

 = Low Sodium or No Sodium

Monday Dinner

SOUP

Ginger Chicken Noodle Soup

Chicken Stock, Chicken, Carrots, Rice Vinegar,
Lite Soy Sauce, Ginger, Soba Noodles, Sugar
Snap Peas, Black Pepper.

$\frac{3}{4}$ cup: 115 Calories, 14g Protein, 5g Fat,
1g Sat Fat, 219mg Sodium, 5g Carb, 1g fiber

SALADS

Salad Bar

Boston Bibb Lettuce Salad

Cherries, Goat Cheese, and Almonds

ENTREES

Thai Mahi Mahi

Almonds, ginger root, jalapeno, garlic, soy sauce, brown sugar, coconut, scallions cilantro
4 oz: 254 calories, 24g protein, 14g fat, 5g sat fat, 275mg sodium, 9g carb, 2g Fiber

Virginia Baked Ham with Cherry Sauce

4oz: 167 Calories, 22g Protein, 6g Fat, 2g Sat Fat, 1266mg Sodium, 5g Carb, 0g Fiber

Vegan Summer Sisters Stew

Kidney Beans, Mushrooms, Corn, Potatoes, Onion, Black Pepper, Sage, Thyme, Garlic.
1 cup: 217 Calories, 12g Protein, 3g Fat, 0g Sat Fat, 119mg Sodium, 44g Carb, 12g Fiber

ACCOMPANIMENTS

Escalloped Potatoes

2%, butter, garlic, onion, parmesan

Broiled Tomato

Bread Crumbs, Italian Seasoning, Parmesan
Cheese

Vegetable Lo Mein

Steamed String Beans

DESSERTS

Cherry Glazed Angel

Food Cake

Bing Cherries

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