

Saturday Lunch

SOUP

Garlicky Bread Soup

Olive oil, French bread, onion, garlic,
bay leaves, crushed red peppers,

chicken stock, 2% milk, parmesan cheese

$\frac{3}{4}$ cup: 126 Calories, 6g Protein, 5g Fat,

2g Sat Fat, 370mg Sodium, 16g Carb, 1g fiber

SALADS

Salad Bar

Antipasti Salad

ENTREES

Wheat Spaghetti and Meatballs with Marinara Sauce

12 oz: 248 calories, 9g protein, 7g fat, 1g sat fat, 415mg sodium, 43g carb, 9g fiber

3 meatballs: 126 calories, 8g protein, 7g fat, 3g sat fat, 343mg sodium, 7g carb, 1g fiber

Grilled Turkey Reuben Sandwich

Turkey Breast with 1000 island dressing, Swiss cheese and Sauerkraut grilled to perfection

1 sandwich: 270 Calories, 22g protein, 12g Fat, 3g Sat Fat, 1041mg Sodium, 17g carb, 2g fiber

ACCOMPANIMENTS

Fries

Italian Zucchini

Breadstick

Green Beans 

DESSERTS

Cherry Walnut Brownie

Fresh Fruit Cup

GF = Gluten Free (items will be marked daily)

 = Low Sodium or No Sodium

Saturday Dinner

SOUP

Italian Wedding Soup

Chicken Meatballs, Chicken Stock, Carrots,
Spinach, Couscous
¾ cup: 77 calories, 8g protein, 4g fat,
1g sat fat, 344mg sodium, 4g carb, 1g fiber

SALADS

Salad Bar

Caviar Medley Salad with Lemon Mint

Asparagus, lemon juice, mint, garlic,
pine nuts, parmesan cheese, olive oil

ENTREES

Scallops and Shrimp with Fresh Herbs

Sea Scallops and Shrimp with Butter, White Wine, Parsley, and Old Bay
3 each: 168 Calories, 21g Protein, 7g Fat, 3g Sat Fat, 390mg Sodium, 3g Carb, 1g Fiber

Veal Piccata

A seasoned and floured veal cutlet with a lemon, parsley, garlic and caper sauce
4oz w/ sauce: 380 calories, 37g protein, 18g fat, 6g sat fat, 605mg sodium, 17g carb, 2g fiber

Pasta with Spinach and Tofu

Garlic, Onion, basil, black pepper, nutmeg
1 cup: 288 calories, 12g protein, 10g fat, 2g sat fat, 352mg sodium, 40g carb, 3g fiber

ACCOMPANIMENTS

Confetti Rice

Peppers, onions, carrots, celery, garlic

Squash Medley

Roasted Brussels Sprouts

Pasta with Parsley Butter

DESSERTS

Mocha Almond Cheesecake

Mixed Berries with Lemon Cream

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