

# Saturday Lunch

## SOUP

### Cream of Spinach Soup

Chicken Stock, 2% Milk, Onion

¾ cup: 79 Calories, 2g Protein, 5g Fat,  
1g Sat Fat, 146mg Sodium, 7g Carb, 1g fiber

## SALADS

### Salad Bar

### Cole Slaw

## ENTREES

### 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

### Sautéed Chicken Tenders with Fresh Herbs

Seasoned Chicken Tenders Sautéed with White Wine and Parsley with Assorted Dipping Sauce

4oz: 245 Calories, 24g Protein, 11g Fat, 4g Sat Fat, 72mg Sodium, 3g Carb, 0g fiber

## ACCOMPANIMENTS

### Baked Beans

Onion, Bacon, BBQ Sauce, Garlic, Brown  
Sugar, and Molasses

### Broiled Tomatoes

### Corn on the Cob

### Homemade Potato Chips

## DESSERTS

### Peanut Butter Pie

### Fresh Fruit Cup

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

 = Low Sodium or No Sodium

# Saturday Dinner

## SOUP

### Chilled Gazpacho Soup

Onion, Garlic, Tomato, Cucumbers, Peppers,  
Lemon Juice, Vinegar, Vegetable Stock

$\frac{3}{4}$  cup: 43 Calories, 1g Protein, 2g Fat, 0g Sat Fat,  
200mg Sodium, 6g Carb, 1g fiber

## SALADS

### Salad Bar

### Strawberry Spinach Salad

## ENTREES

### Pineapple BBQ Salmon

Broiled Salmon smothered in a pineapple BBQ sauce

Then rubbed with chili powder, cinnamon, brown sugar, and cumin

4oz w/ sauce: 213 Calories, 29g Protein, 6g Fat, 1g Sat Fat, 126mg Sodium, 10g Carb, 1g fiber

### Veal with Lemon Mushroom Sauce

Veal Cutlets Sautéed in Olive Oil with Lemon, White Wine, Veal Stock, and Mushrooms

3oz w/ sauce: 329 Calories, 31g Protein, 17g Fat, 9g Sat Fat, 498mg Sodium, 11g Carb, 1g fiber

### Pasta with Spinach, Chick Peas and Garlic

Vegetable Stock, Herbs, Tomato, Garbanzo, Spinach, Red Pepper, and Garlic

1 cup: 436 calories, 15g protein, 12g fat, 2g sat fat, 36mg sodium, 67g carb, 8g fiber

## ACCOMPANIMENTS

### Pasta with Herbs

Butter and Parmesan Cheese

### Asparagus Spears

### Vegetable Blend

### Ranch Red Bliss Potatoes

Olive Oil, Ranch Seasoning

## DESSERTS

### French Silk Pie

### Sliced Peaches

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