

Saturday Lunch

SOUP

French Onion Soup

Onion, garlic, bay leaves, white wine, LS chicken
LS vegetable and LS beef stock, olive oil
¾ cup: 58 Calories, 1g Protein, 4g Fat,
2g Sat Fat, 250mg Sodium, 5g Carb, 1g fiber

SALADS

Salad Bar

ENTREES

Cold Roast Beef Sandwich

Chilled Rare Roast Beef Served On Rye Bread with Creamy Horseradish Sauce on the Side
1 sandwich: 221 Calories, 27g Protein, 6g Fat, 2g Sat Fat, 230mg Sodium, 14g Carb, 2g fiber

Kielbasa on a Bun

Grilled Kielbasa on a Bun with or without Sauerkraut or Stone Ground Mustard
1 kielbasa on bun: 484 Calories, 17g Protein, 34g Fat, 11g Sat Fat, 951mg Sodium, 29g Carb, 0g fiber

Grilled Chicken Breast Sandwich

Marinated Chicken Breast Grilled to Perfection on Bun
1 sandwich: 326 Calories, 28g Protein, 11g Fat, 4g Sat Fat, 271mg Sodium, 20g Carb, 1g fiber

ACCOMPANIMENTS

Onion Rings

Baby Carrots 

Sauerkraut

5-Way Vegetable Blend 

DESSERTS

Hot Fudge Sundae

Fresh Pineapple

GF = Gluten Free (items will be marked daily)

 = *Low Sodium or No Sodium*

Saturday Dinner

SOUP

Chilled Carrot and Lime Soup

Leeks, Carrots, Sour Cream, Chicken Stock

¾ cup: 60 calories, 2g protein, 3g fat, 0g sat fat,
190mg sodium, 9g carb, 2g fiber

SALADS

Salad Bar

Balsamic Beet Salad

ENTREES

Grilled Tuna Limóncello

Marinated Grilled Tuna Steaks w/Chives, Shallots, Rosemary and seafood stock served Medium-Rare.

4oz: 266 calories, 31g protein, 13fat, 1g sat fat, 55mg sodium, 1g carb, 0g Fiber

Roasted Strip Loin of Beef

Garlic, Pepper, olive oil

5oz: 529 Calories, 26g Protein, 47g Fat, 18g Sat Fat, 332mg Sodium, 0g Carb, 0g Fiber

Spicy BBQ Tofu

Soy sauce, Lemon Juice, Garlic, Cumin, onions and peppers Served over rice

¾c tofu over ½c rice: 864 Calories, 23g Protein, 11g Fat, 2g Sat Fat, 289mg Sodium, 170g Carb, 10g fiber

ACCOMPANIMENTS

Mediterranean Orzo

Red Onion, Feta Cheese, Peppers, Garlic, Tomato,
and Olive Oil

Roasted Summer Squash

Balsamic Vinegar, Tarragon, and Olive Oil

Yellow Fingerling Potatoes

Vegetable Seasoning, Paprika, and Olive Oil

Vegetable Medley

Broccoli, Carrots, Red Peppers

DESSERTS

Crème Brûlée

Fresh Strawberries

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