

Saturday Lunch

SOUP

Quinoa Black Bean Chili

Quinoa, onion, garlic, tomato, black beans, red pepper, yellow pepper, squash zucchini, jalapeno pepper, Chile pepper, oregano, corn, cilantro
¾ cup: 261 Calories, 10g Protein, 5g Fat, 1g Sat Fat, 310mg Sodium, 49g Carb, 12g fiber

SALADS

Salad Bar

Pasta and Cheddar Salad
Onion

ENTREES

Hot Dog on a Bun

A Grilled All Beef Hot Dog Served with or without a Bun

Without bun: 180 Calories, 6g Protein, 15g Fat, 6g Sat Fat, 530mg Sodium, 3g Carb, 2g fiber

With bun: 300 calories, 10g protein, 17g fat, 6g sat fat, 770mg sodium, 26g carb, 4g fiber, 0g fiber

Chicken Breast with Ratatouille Sauce

Grilled Chicken Breast topped with eggplant, zucchini, green peppers, diced tomatoes, garlic, onion, and basil.

4 oz: 202 Calories, 21g Protein, 10g Fat, 2g Sat Fat, 247mg Sodium, 7g Carb, 2g fiber

ACCOMPANIMENTS

Baked Beans

Bacon, Onion, and BBQ Sauce

Vegetable Blend

Penne Pasta with Herbs

Red Pepper, Parmesan Cheese, Olive Oil

Zucchini Sautéed w/

Tomatoes

Olive oil, garlic, basil, oregano, and onion

DESSERTS

Dutch Dirt Pudding

Sliced Peaches

GF = Gluten Free (items will be marked daily)

 = *Low Sodium or No Sodium*

Saturday Dinner

SOUP

Cream of Mushroom Soup

Butter, onion, vegetable stock, 2% milk, flour, white pepper, mushrooms

¾ cup: 197 Calories, 6g Protein, 12g Fat, 7g Sat Fat, 351mg Sodium, 17g Carb, 4g fiber

SALADS

Salad Bar

Maple Pecan Spinach Salad

Onions, pecans, red peppers,

ENTREES

Bourbon Pecan Chicken Breast

Chicken Breast coated with bread crumbs and pecans and covered with a bourbon sauce made of Dijon mustard, brown sugar, bourbon, soy sauce, Worcestershire sauce, butter and topped with scallions

4oz w/ sauce: 437 Calories, 28g Protein, 33g Fat, 16g Sat Fat, 628mg Sodium, 13g Carb, 1g fiber
Plain Baked Chicken Breast: 166 Calories, 33g Protein, 4g Fat, 1g Sat Fat, 92mg Sodium, 1g Carb, 0g fiber

Roasted Leg of Lamb with Rosemary Dijon

Leg of Lamb roasted with Dijon mustard, rosemary and white wine.
4oz: 226 Calories, 30g Protein, 9g Fat, 3g Sat Fat, 105mg Sodium, 1g Carb, 0g fiber

Moroccan Tagine Stew


Carrots, Onions, Zucchini, Chickpeas, and Butternut squash slowly simmered in a Tomato & Vegetable Sauce containing paprika, cumin, allspice, lemon juice, and cilantro.
1 cup: 259 Calories, 10g Protein, 6g Fat, 1g Sat Fat, 76mg Sodium, 45g Carb, 11g fiber

ACCOMPANIMENTS

Long Grain & Wild Rice with Shitake Mushrooms

Mashed Red Skin Potatoes 
2% milk, butter

Green Beans

Roasted Vegetables 
Carrot, red onions, red peppers, zucchini, eggplant

DESSERTS

Warm Blueberry Cobbler

Blueberries

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