

Sunday Brunch


SOUP

Caramelized Onion and Garlic Bisque

Onion, thyme, white wine, chicken stock, 2%,
flour, Butter, and Leeks
¾ cup: 81 Calories, 3g Protein, 2g Fat, 0g Sat
Fat, 92mg Sodium, 13g Carb, 1g fiber

SALADS

Salad Bar

Arugula, Bean
and Red Pepper Salad 
Onion & Balsamic Vinaigrette

ENTREE

Grilled Beef Strip Steak

Marinated w/ Olive oil and Montreal Seasoning
5oz: 529 Calories, 26g Protein, 47g Fat, 18g Sat Fat, 332mg Sodium, 0g Carb, 0g fiber

Seared Scallops with Wild Mushrooms

Sautéed Sea Scallops with White Wine, Mushrooms, Old Bay, Lemon Juice, Olive Oil,
Black Pepper, Thyme
3 with sauce: 167 Calories, 17g Protein, 6g Fat, 1g Sat Fat, 491mg Sodium, 10g Carb, 2g fiber

Tofu and Crunchy Vegetables

Tofu, Leeks, Carrots, Zucchini, Baby Corn, Shiitake Mushrooms, Sautéed with Lite Soy, Sherry,
Sesame Oil, Sesame seeds, and Served with Linguine
½ cup: 241 Calories, 11g Protein, 13g Fat, 2g Sat Fat, 303mg Sodium, 22g Carb, 3g fiber

ACCOMPANIMENTS

Cinnamon French Toast

Escaloped Tomatoes


Butter, Onion, Sugar & Black Pepper,
Toasted Bread And Bread Crumbs

Brussels Sprouts

Stuffed Baked Potato

Butter, 2%, Sour Cream, Parmesan Cheese,
Parsley, Black Pepper

Lemon Vegetable Couscous

Tomatoes, Cucumbers, Green Onions, Parsley,
Lemon Juice, Black Pepper, Olive Oil 

DESSERTS

Pumpkin Pie

Fresh Melon

GF - Gluten Free (items will be marked daily)

 = *Low Sodium or No Sodium*

Sunday Supper

SOUP

Tomato Bouillon

Onion, vegetable stock, celery, tomato juice,
sugar, lemon juice, tomato paste
¾ cup: 25 Calories, 1g Protein, 1g Fat,
0g Sat Fat, 297mg Sodium, 5g Carb, 1g fiber

SALADS

Salad Bar

Cucumbers in Sour Cream

ENTREES

Grilled Fennel Chicken Breast

Grilled chicken with fennel

4oz breast: 291 calories, 26g protein, 12g fat, 4g sat fat, 253mg sodium, 12g carb, 0g fiber

Jack Daniel Glazed Ham

Brown Sugar, Chutney, and Mustard Glaze

3oz: 160 Calories, 20g Protein, 7g Fat, 3g Sat Fat, 1263mg Sodium, 2g Carb, 0g fiber

ACCOMPANIMENTS

Potatoes Au Gratin

Spinach

Mashed Sweet Potatoes

Parsley Cauliflower

DESSERTS

Warm Cinnamon

Assorted Cookies

Applesauce

GF - Gluten Free (items will be marked daily)

 = *Low Sodium or No Sodium*