

# Sunday Brunch

## SOUP

### Boston Clam Chowder

2%, White pepper, Potatoes, Clam, Onion,  
Chicken Base, Flour

$\frac{3}{4}$  cup: 158 Calories, 10g Protein, 7g Fat, 2g Sat Fat,  
133mg Sodium, 15g Carb, 1g fiber

## SALADS

### Strawberry Tomato Salad

Basil, oregano, lemon zest, black pepper

### Cherry Crunch Salad

Walnuts

## ENTREES

### Beef Tenderloin with Horseradish Crust

$\frac{3}{4}$  cup: 253 calories, 26g protein, 16g fat, 5g sat fat, 122mg sodium, 2g carb, 0g fiber

### Poached Salmon with Cucumber Dill Sauce

Boneless Fillet Poached w/Lemon, Served w/Cucumber Yogurt Sauce, Dill, Skim, Sugar, Mustard, White Pepper  
5oz Poached Salmon: 223 Calories, 37g Protein, 6g Fat, 1g Sat Fat, 130mg Sodium, 3g Carb, 1g fiber  
2 oz. Cucumber Sauce: 33 Calories, 2g Protein, 1g Fat, 0g Sat Fat, 41mg Sodium, 5g Carb, 0g fiber

### Quinoa and Mushroom Stuffed Red Pepper

Tofu, soybeans, onion, mushrooms, oregano, saffron, spaghetti sauce  
 $\frac{1}{2}$  pepper stuffed: 285 Calories, 20g Protein, 12g Fat, 2g Sat Fat, 38mg Sodium, 30g Carb, 7g fiber

## ACCOMPANIMENTS

### Belgian Waffles

### Muffins and Scones

### Vegetable Blend

Corn, Yellow Squash, Butter, Heavy Cream

### Sautéed Spinach

### Arlie Potatoes

Cottage Cheese, Horse Radish, Bacon, Black  
Pepper, Butter, 2%

### Risotto with Sun Dried Tomatoes

Roasted Garlic, Heavy Cream, Onion, Parmesan  
Cheese, and Chicken Stock, Butter, Spinach

## DESSERTS

### Chocolate Raspberry Torte

### Fresh Pineapple

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

 = Low Sodium or No Sodium

# Sunday Supper

## SOUP

### Garden Vegetable Soup

Garlic, onion, celery, carrot, tomato, barley, turnip, cabbage, potato, green pepper, veg. blend, nutmeg, oregano, thyme, parsley, pepper, vegetable stock

$\frac{3}{4}$  cup: 66 calories, 2g protein, 2g fat,

0g sat fat, 98mg sodium, 12g carb, 3g fiber

## SALADS

### Salad Bar

## ENTREES

### Baked Chicken Thighs

Paprika, Poultry Seasoning, Garlic, Onion

4oz: 218 calories, 27g protein, 11g fat, 3g sat fat, 92mg sodium, 0g carb, 0g fiber

Plain 4oz breast: 195 calories, 24g protein, 7g fat, 3g sat fat, 71mg sodium, 0g carb, 0g fiber

### Stuffed Shells

Pasta Shells Filled with Ricotta Cheese, Topped with Marinara Sauce and Baked

2oz shell with sauce: 205 calories, 11g protein, 10g fat, 4g sat fat, 336mg sodium, 18g carb, 2g fiber

### Chicken Salad Sandwich

Shredded Chicken Breast with Celery, and Low Fat Mayonnaise

1 sandwich: 269 Calories, 21g Protein, 7g Fat, 2g Sat Fat, 449mg Sodium, 31g Carb, 5g fiber

## ACCOMPANIMENTS

Bread Stuffing w/Gravy

Steamed Carrots 

Mashed Potatoes w/ Gravy

Roasted Zucchini Squash 

Garlic Bread

## DESSERTS

Lemon Squares

Mandarin Oranges

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