

# Sunday Brunch

## SOUP

### Manhattan Clam Chowder

Celery, Onion, Clam, Tomato, Green Pepper,  
Clam Stock, Chicken Stock, Bay Leaf, Thyme,  
Potato, Tomato Puree & Crushed, Black Pepper,  
Garlic Parsley

¾ cup: 73 Calories, 5g Protein, 1g Fat, 0g Sat Fat,  
209mg Sodium, 10g Carb, 1g fiber

## SALADS

### Salad Bar

### Orange Ambrosia Salad

## ENTREES

### Chicken Piccata

Chicken breast dredged in seasoned flour sautéed and topped with mushroom sauce  
4oz: 318 Calories, 22g Protein, 20g Fat, 9g Sat Fat, 391mg Sodium, 11g Carb, 1g fiber

### Prime Rib with Burgundy

4oz with sauce : 517 Calories, 29g Protein, 43g Fat, 17g Sat Fat, 138mg Sodium, 1g Carb, 0g fiber

### Stuffed Portobello Mushroom

Parmesan, Burgundy Wine, Basil, and Sundried Tomatoes, Olive Oil, Garlic  
8oz: 192 Calories, 10g Protein, 12g Fat, 5g Sat Fat, 407mg Sodium, 15g Carb, 4g fiber

## ACCOMPANIMENTS

### Carrots with Dill

### Stuffed Baked Potatoes

Paprika, Butter, 2%, Sour Cream, Parmesan,  
Black Pepper

### Broccoli

### Lemon Risotto

Peas, Vegetable Stock, Butter, Onions, White  
Wine, Parmesan, Thyme, lemon, Black Pepper

## DESSERTS

### Key Lime Cake

### Fresh Fruit

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

 = *Low Sodium or No Sodium*

# Sunday Supper

## SOUP

### Potato & Pesto Soup

Chicken Stock, Pasta, Onion, Bacon, Butter,  
Flour, 2%, Heavy Cream

$\frac{3}{4}$  cup: 307 Calories, 8g Protein, 21g Fat,  
3g Sat Fat, 334mg Sodium, 22g Carb, 2g fiber

## SALADS

### Salad Bar

### Macaroni Salad

Onion

## ENTREES

### Catch of the Day

Calories, g Protein, g Fat, g Sat Fat, mg Sodium, g Carb

### Curried Honey Mustard Chicken

Chicken Marinated in a Mustard, Curry, Soy Sauce and Honey

5oz: 304 calories, 34g protein, 4g fat, 1g sat fat, 447mg sodium, 37g carb, 1g fiber

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

### Spicy Black Bean Burger on a Bun

1 burger: 239 calories, 10g protein, 7g fat, 1g sat fat, 978mg sodium, 34g carb, 9g fiber

## ACCOMPANIMENTS

Pine Nut Parsley Couscous

Stewed Tomatoes

German Potato Pancake

Green Peas 

## DESSERTS

Assorted Desserts

Fresh Watermelon

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