

# Sunday Brunch

## SOUP

### Chilled Raspberry Soup

½ and ½, sour cream, triple sec, raspberries,  
sugar, lemon juice

¾ cup: 223 calories, 3g protein, 13g fat, 8g sat fat,  
37mg sodium, 25g carb, 5g fiber

## SALADS

### Salad Bar

### Watercress, Red Onion and Orange Salad

With a Tarragon Vinaigrette

## ENTREES

### Chicken Tandoori

Onion, butter, cilantro, yogurt, lemon juice, ginger root, garlic, spices

4oz with sauce: 187 calories, 21g protein, 10g fat, 4g sat fat, 268mg sodium, 4g Carb, 1g Fiber

### Beef Tenderloin

Rubbed Tenderloin with Olive Oil, Garlic, Pepper, Rosemary, Thyme

5oz: 273 Calories, 36g Protein, 13g Fat, 5g Sat Fat, 79mg Sodium, 0g Carb, 0g Fiber

### Artichoke and Red Pepper Frittata

Onion, potatoes, artichoke, roasted red peppers, eggs, asiago cheese

Slice: 168 calories, 14g protein, 6g fat, 3g sat fat, 563mg sodium, 14g Carb, 3g Fiber

## ACCOMPANIMENTS

### Muffins and Scones

### Blueberry Pancakes

w/ Sausage

### Home Fries

Olive Oil, Paprika, Pepper, Salt

### Mashed Potatoes

### w/ Roasted Garlic

Garlic, Butter, 2% Milk, Chives

### Brussels Sprouts

### Italian Zucchini

Parmesan Cheese, Garlic, Oil

## DESSERTS

### Chocolate Raspberry Torte

### Fresh Fruit Cup

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

 = Low Sodium or No Sodium

# Sunday Supper

## SOUP

### Chicken & Brown Rice Soup

Onion, celery, thyme, parsley,  
Poultry seasoning, pepper, chicken stock.  
¾ cup: 83 Calories, 7g Protein, 3g Fat,  
0g Sat Fat, 256mg Sodium, 11g Carb, 2g fiber

## SALADS

### Salad Bar

Peach and Raspberry  
Gelatin Salad 

## ENTREES

### Baked Meatloaf

The Traditional Favorite of Ground Beef, Tomato Juice, Bread Crumbs, Ketchup, Eggs,  
Onions and Green Peppers.  
4oz: 272 Calories, 21g Protein, 14g Fat, 5g Sat Fat, 404mg Sodium, 15g Carb, 0g fiber

### Eggplant Rollettes

Ricotta cheese  
1 rollette: 175 calories, 6g protein, 9g fat, 3g sat fat, 285g Sodium, 18g carb, 4g fiber

### Chicken Salad Sandwich

Creamy Chicken Salad Served on your choice of bread with Potato Chips  
Chicken Salad: mayo, pickles, relish, celery, and onion.  
1 sandwich: 269 Calories, 21g Protein, 7g Fat, 2g Sat Fat, 449mg Sodium, 31g Carb, 5g fiber

## ACCOMPANIMENTS

Mashed Potatoes  
and Gravy 

Peas and Carrots 

French Fries

Hot Sliced Beets 

## DESSERTS

Assorted Desserts

Mixed Berries

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