

Thursday Lunch

SOUP

Turkey Creole Soup

Onion, celery, tomato, green pepper,
chicken stock, garlic, gumbo file

¾ cup: 41 Calories, 2g Protein, 2g Fat,
0g Sat Fat, 224mg Sodium, 4g Carb, 1g fiber

SALADS

Salad Bar

Sundried Tomato & Green

Bean Orzo Salad

Olive oil, white wine, garlic, vinegar, lemon juice

ENTREES

Swedish Meatballs

Seasoned Ground Beef Meatballs in a Beef Gravy made with nutmeg, sour cream and garlic powder
2 meatballs w/ Sc: 206 Calories, 12g Protein, 13g Fat, 6g Sat Fat, 696mg Sodium, 10g Carb, 1g Fiber

Assorted Pizza

Featuring: Spicy Sausage & Gorgonzola Pizza

1 slice: 283 calories, 17g protein, 17g fat, 7g sat fat, 778mg sodium, 16g carb, 1g fiber

Cheese, Pepperoni, Vegetable, Meat Lovers

Cheese Pizza – 160 Calories, 10g Protein, 6g Fat, 4g Sat Fat, 573mg Sodium, 16g Carb, 2g fiber

Trio Salad Cold Plate

Trio of: Egg Salad, Tuna Salad, & Chicken Salad served over a bed of Lettuce.

1 Cold Plate: 260 Calories, 16g protein, 10g fat, 2g sat fat, 356mg sodium, 28g carb, 3g fiber

ACCOMPANIMENTS

Breadstick

Parslied Cauliflower 

Noodles 

Lima Beans w/Mushrooms 

DESSERTS

Peanut Butter Cake

Citrus Sections

GF = Gluten Free (items will be marked daily)

 = *Low Sodium or No Sodium*

Thursday

Souper Supper

SOUP

Oatmeal with Toppings

SALADS

Salad Bar

ENTREES

Sausage Gravy With Biscuits

Creamed Chipped Beef

Pumpkin French Toast Bake

Caramelized Onion Spinach and Gruyer Strata

ACCOMPANIMENTS

Bacon and Sausage

Muffins and Scones

Home Fries

Scrambled Eggs

DESSERTS

Fresh Fruit

GF = Gluten Free (items will be marked daily)

 = *Low Sodium or No Sodium*