

Thursday Lunch

SOUP

Turkey Gumbo Soup

Celery, onion, green pepper, tomato, gumbo file, rice, Cajun seasoning, chicken stock

¾ cup: 76 Calories, 5g Protein, 3g Fat, 0g Sat Fat, 307mg Sodium, 10g Carb, 2g fiber

SALADS

Salad Bar

Herb, Tomato and Orzo Salad

ENTREES

Jamaican Jerk Beef Kabob

Grilled Beef and Red Peppers Marinated in olive oil, red wine vinegar and jerk seasoning
1 kabob: 156 Calories, 18g Protein, 8g Fat, 3g Sat Fat, 74mg Sodium, 3g Carb, 1g fiber

Assorted Pizza

Featuring Spring Vegetable Gremolata Pizza

Peas, asparagus, garlic, lemon zest, parsley, ricotta cheese

1 Slice Spring Veg: 223 Calories, 8g Protein, 6g Fat, 2g Sat Fat, 361mg Sodium, 35g Carb, 3g Fiber

Cheese, Pepperoni, Vegetable, Meat Lovers

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

BLT Wrap

The famous BLT wrapped in a flour tortilla.

wrap: 431 Calories, 11g Protein, 30g Fat, 7g Sat Fat, 640mg Sodium, 29g Carb, 3g fiber

ACCOMPANIMENTS

Potato Wedges

Zucchini & Tomatoes

Basmati Rice

Onion, Cilantro, Cardamom

Fresh Vegetable Medley

Carrots, Broccoli, Cauliflower, Snow Peas

DESSERTS

Rice Krispie Bars

Apricot Halves

GF = Gluten Free (items will be marked daily)

 = Low Sodium or No Sodium

Thursday Dinner

SOUP

Vegan Split Pea Soup

Onion, Carrots, Celery, Vegetable Stock, Black Pepper, Split Peas
3/4 cup: 57 Calories, 4g Protein, 0g Fat, 0g Sat Fat, 117mg Sodium, 11g Carb, 4g fiber

SALADS

Salad Bar

Spinach & Mushroom Salad

ENTREES

Swedish Meatballs

Seasoned Ground Beef Meatballs in a Nutmeg and Beef Gravy
2 meatballs w/ Sc: 206 Calories, 12g Protein, 13g Fat, 6g Sat Fat, 696mg Sodium, 10g Carb, 1g Fiber

Hidden Valley Ranch Fried Chicken

Deep Fried White Meat
1 piece: 207 Calories, 33g Protein, 7g Fat, 2g Sat Fat, 272mg Sodium, 3g Carb, 1g fiber

Tri Colored Quinoa Loaf

Cabbage, edamame, red bell peppers, carrots, cucumbers, sesame oil, soy sauce, rice wine vinegar, scallions, cilantro, sesame seeds, ginger root, red pepper flakes
3oz: 92 Calories, 5g Protein, 3g Fat, 0g Sat Fat, 133mg Sodium, 12g Carb, 2g fiber

ACCOMPANIMENTS

Mashed Potatoes
w/Beef Gravy

Steamed Peas 

Long Grain and Wild Rice 

Sautéed Greens 

DESSERTS

Toll House Pie

Fresh Fruit Cup

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