

Thursday Lunch

SOUP

Vegetarian Vegetable Soup

Oregano, parsley, crushed tomato, potato, carrots,
onion, celery, black pepper, cabbage,
vegetable stock.

$\frac{3}{4}$ cup: 44 Calories, 1g Protein, 2g Fat,
0g Sat Fat, 157mg Sodium, 7g Carb, 2g fiber

SALAD

Salad Bar

Coleslaw

ENTREES

Chicken Caesar Salad Cold Plate

Marinated and Grilled Chicken Breast Stripes with Romaine Lettuce, Black Olives, Parmesan Cheese
and Caesar Dressing. Served with a Breadstick.


3oz Chicken on salad: 308 Calories, 31g Protein, 14g Fat, 6g Sat Fat, 353mg Sodium, 5g Carb, 2g fiber

Assorted Pizza

Featuring Apple and Feta Cheese Pizza

1 Slice Apple Pizza: 200 calories, 8g protein, 15g fat, 5g sat fat, 262mg sodium, 10g carb, 1g fiber
1 Slice Cheese Pizza - 160 Calories, 11g Protein, 6g Fat, 4g Sat Fat, 573mg Sodium, 16g Carb, 2g fiber
Cheese, Pepperoni, Meat Lovers, Vegetable Also Available

BBQ Ribs

Pork ribs marinated and simmered in a tangy Barbeque bourbon sauce 
3 ribs: 382 Calories, 38g Protein, 22g Fat, 8g Sat Fat, 388mg Sodium, 5g Carb, 1g fiber

ACCOMPANIMENTS

Spoon Bread

Broccoli

Homemade Potato Chips

Squash Medley

Desserts

Citrus Fruit Ambrosia

Shortbread Cookies

Menu Subject to Change Without Notice

GF = Gluten Free (items will be marked daily)

 = Low Sodium or No Sodium

Thursday Dinner

SOUP

Amish Chicken & Corn Soup

Chicken, corn, saffron, noodles, carrots, celery, onion, white pepper, chicken base.

$\frac{3}{4}$ cup: 70 calories, 10g Protein, 2g Fat, 0g Sat Fat, 127mg Sodium, 5g Carb, 1g fiber

SALADS

Salad Bar

Potato Salad

Egg, Onion, Celery, Red Pepper, White Vinegar

ENTREES

Turkey Tetrazzini

Hearty Casserole with mushrooms, turkey & diced red peppers topped with breadcrumbs and Parmesan Cheese.

$\frac{3}{4}$ Cup:, 275 Calories, 23g Protein, 12g Fat, 3g Sat Fat, 176mg Sodium, 19g Carb, 1g fiber

Fried Catfish

Deep Fried Catfish Fillet Served with Lemon and Tartar Sauce

4oz Fried: 344 Calories, 21g Protein, 22g Fat, 5g Sat Fat, 785mg Sodium, 14g Carb, 1g fiber

Vegan Vegetable Chili

Stewed Kidney Beans with Onions, Garlic, Tomatoes, Carrot, Celery, Green Peppers, Bulgur, Cumin, Cayenne Pepper and Chili Powder

$\frac{3}{4}$ cup: 275 Calories, 11g Protein, 3g Fat, 0g Sat Fat, 328mg Sodium, 55g Carb, 14g fiber

ACCOMPANIMENTS

Cornbread

Sautéed Seasoned Greens

Bacon, Onion, Apple Cider

Hushpuppies

Roasted Butternut Squash

Mashed Sweet Potatoes

Brown Sugar & Cinnamon

DESSERTS

Blackberry Pie

Poached Pears

Menu Subject to Change Without Notice

GF = Gluten Free (items will be marked daily)

 = Low Sodium or No Sodium