

Thursday Lunch

SOUP

Cream of Broccoli Soup

2% milk, onion, chicken base

¾ cup: 181 calories, 8g protein, 11g fat,
6g sat fat, 226mg sodium, 16g carb, 1g fiber

SALADS

Salad Bar

Pineapple Lime Gelatin

Celery, vinegar, red pepper

ENTREES

Florida Chicken

Brown sugar, garlic, chives, orange juice, orange marmalade, soy sauce, corn starch, olive oil
4oz breast w/ sauce: 228 Calories, 24g Protein, 8g Fat, 3g Sat Fat, 222mg Sodium, 5g Carb, 0g fiber

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

Assorted Pizza

Featuring: BLT Pizza

Baked Pizza with Alfredo Sauce topped with Bacon, Olives, Diced Red Onions,
Arugula, Balsamic Vinaigrette and Tomatoes

1 slice: 111 Calories, 5g Protein, 6g Fat, 2g Sat Fat, 313mg Sodium, 9g Carb, 1g fiber

Cheese, Pepperoni, Vegetable, Meat Lover's

1 slice of cheese: 160 calories, 10g Protein, 6g Fat, 4g Sat Fat, 573mg Sodium, 16g Carb, 2g fiber

Smoked Turkey & Muenster Cheese Sandwich

Grilled Turkey Sandwich with Muenster Cheese and Cranberry Sauce

1 sandwich: 487 calories, 23g Protein, 20g Fat, 10g Sat Fat, 1138mg Sodium, 56g Carb, 2g fiber

ACCOMPANIMENTS

Tater Barrels

Carrots with Dill

Paella Spring Brown Rice

With Vegetables

Roasted Summer

Vegetables

Peppers, Zucchini, Onion, Mushrooms, Squash,
Potatoes, Garlic, Lime Juice

DESSERTS

Butter Drop Cookies

Fresh Fruit

GF = Gluten Free (items will be marked daily)

 = *Low Sodium or No Sodium*

Thursday Dinner

SOUP

Mexican Tortilla Soup

Green onion, cumin, tomatoes, chicken stock, garlic, cilantro, lime juice & served with cheese and tortilla strips on the side

¾ cup: 165 Calories, 13g Protein, 7g Fat, 3g Sat Fat, 386mg Sodium, 12g Carb, 1g fiber

SALADS

Salad Bar

Tri-Colored Quinoa Slaw with Lime and Basil

ENTREES

Grilled Strip Steak

With a garlic, thyme, black pepper and seasoning salt

4oz: 484 calories, 27g protein, 41g fat, 17g sat fat, 265mg sodium, 0g carb, 0g Fiber

Broiled Catfish with Lime Tequila Vinaigrette

4oz: 190 calories, 21g protein, 9g fat, g sat fat, 130mg sodium, 7g carb, 1g fiber

African Potato Red Bean Stew

Onion, garlic, vegetable stock, red pepper, ginger, cumin, tomato, Peanut butter, peanuts, lime, kidney beans, trio of potatoes, tofu

8oz: 210 Calories, 11g Protein, 8g Fat, 1g Sat Fat, 309mg Sodium, 27g Carb, 6g fiber

ACCOMPANIMENTS

Potatoes Medley

Spanish Rice

Tomatoes, Peppers, Onions, Vegetable stock, Mustard, and Black Pepper

Broiled Tomato

Parmesan cheese, Bread crumbs, Italian seasoning, olive oil

Corn on the Cob

DESSERTS

Flan

Mandarin Oranges

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