

Tuesday Lunch

SOUP

Split Pea and Ham Soup

carrot, celery, onion, chicken base, pepper,
liquid smoke

¾ Cup: 89 Calories, 7g Protein, 3g Fat,
0g Sat Fat, 332mg Sodium, 12g Carb, 4g fiber

SALADS

Salad Bar

Quinoa Salad with Cherries and Almonds

Garlic, Onion, Cucumber

ENTREES

Tomato Stuffed with Tri-Colored Orzo and Rock Shrimp

Served with Cranberry Orange Nut Bread

Fresh Tomato filled with Orzo combined with green onion, cucumber,
horseradish, lemon juice, mayonnaise, parsley and Rock Shrimp

Tomato with filling and shrimp: 109 Calories, 10g protein, 1g fat, 0g sat fat, 96mg sodium,
0g carb, 2g fiber

1 pc bread: 202 Calories, 2g Protein, 7g Fat, 2g Sat Fat, 142mg Sodium, 35g Carb, 2g fiber

BBQ Pork Sandwich

Slow roasted shredded pork in a tangy BBQ sauce

1 sandwich: 275 Calories, 9g protein, 4g fat, 1g sat fat, 771mg sodium, 51g carb, 3g fiber

Baked Ziti

Ziti Pasta baked in a tomato sauce, topped with melted Mozzarella
and Parmesan Cheese.

¾ cup: 277 Calories, 17g protein, 13g fat, 5g sat fat, 295mg sodium, 23g carb, 3g fiber

ACCOMPANIMENTS

Onion Rings

Hot Sliced Beets

Corn on the Cob

DESSERTS

Key Lime Cake

Watermelon

GF = Gluten Free (items will be marked daily)

 = *Low Sodium or No Sodium*

Tuesday Dinner

SOUP

Herbed Chicken Noodle

Soup

Chicken Base, Onion, Celery, Carrots, Thyme,
Parsley, White Pepper, Poultry Seasoning

¾ cup: 60 Calories, 6g Protein, 2g Fat,
0g Sat Fat, 129mg Sodium, 6g Carb, 1g fiber

SALADS

Salad Bar

Red Onion & Orange Salad

Olive Oil and Red Wine Vinegar 

ENTREES

Orange Mustard Glazed Pork Chops

Glaze: orange juice, orange marmalade, whole grain mustard,

Pork Chop Sautéed with canola oil, black pepper, rosemary, red onion, lime juice

6 oz/ 3oz sc: 303 Calories, 38g Protein, 10g Fat, 2g Sat Fat, 316mg Sodium, 14g Carb, 1g fiber

Trout Cucumber Yogurt Sauce

Rainbow Trout topped with cucumber relish made with sour cream, yogurt, dill and lemon

4oz w/sauce: 258 calories, 30g protein, 12g fat, 5g sat fat, 87mg sodium, 6g carb, 0g fiber

Spinach Ravioli with Red Pepper Sauce

Spinach and Ricotta Cheese Ravioli Tossed with a Roasted Red Pepper Sauce.

Contains onion and garlic

5 ravioli w/ sauce: 401 Calories, 19g Protein, 12g Fat, 6g Sat Fat, 321mg Sodium, 53g Carb, 3g fiber

ACCOMPANIMENTS

Baked Sweet Potatoes

Lemon Carrots with Dill

Pine Nut Barley Pilaf

Swiss Chard with Tomatoes

DESSERTS

Drum Stick Dessert

Fresh Fruit Cup

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