

Tuesday Lunch

SOUP

Cauliflower Bacon and Cheddar Soup

2% milk, Chicken stock, corn starch
¾ cup: 154 Calories, 12g Protein, 8g Fat,
5g Sat Fat, 275mg Sodium, 8g Carb, 2g fiber

SALADS

Salad Bar

Four Bean Salad

garbanzo, green and kidney, edamame beans
in Italian dressing

ENTREES

Sloppy Joe Sandwich

Beef, Tomato Sauce, Onion, Ketchup, Chili Powder, Black Pepper, green pepper, vinegar,
brown sugar, ground mustard

1 sandwich: 216 Calories, 10g Protein, 6g Fat, 2g Sat Fat, 540mg Sodium, 32g Carb, 3g fiber

Roasted Red Snapper w/ Pepper & Tomato Sauce

Baked Red Snapper w/ Pine Nuts, Red & Green Peppers, Garlic, Crushed Tomato, Black Pepper.
5 oz: 264 Calories, 26g Protein, 12g Fat, 2g Sat Fat, 250mg Sodium, 16g Carb, 5g fiber

Fresh Fruit and Cottage Cheese Cold Plate

w/ Blueberry Muffin

A Bowl of Creamy Cottage Cheese Surrounded by Seasonal Fruits

Fruit Plate: 164 Calories, 13g Protein, 1g Fat, 0g Sat Fat, 30mg Sodium, 29g Carb, 4g fiber

Muffin: 268 Calories, 3g Protein, 6g Fat, 2g Sat Fat, 298mg Sodium, 21g Carb, 1g fiber

ACCOMPANIMENTS

Quinoa Lemongrass Pilaf

Garlic, ginger, tofu, broccoli, red peppers

Honey Spiced Carrots

Honey, Pineapple Juice

Breaded Mushrooms

Broccoli

DESSERTS

Chocolate Cherry Trifle

Fresh Fruit Cup

GF = Gluten Free (items will be marked daily)

 = Low Sodium or No Sodium

Tuesday Dinner

SOUP

Cream of Tomato Soup

Half & Half, 2% milk,
Vegetable Stock, Tomato Puree, Sugar, Pepper
¾ cup: 101 calories, 3g protein, 5g fat, 3g sat fat,
460mg sodium, 12g carb, 1g fiber

SALADS

Salad Bar

Cucumbers in Sour Cream

ENTREES

Whiskey & Honey Ribs

Honey, Ginger, Jack Daniels, Beef Stock, Flour, Margarine
2 ribs: 328 calories, 30g protein, 17g fat, 6g sat fat, 695mg sodium, 10g carb, 1g Fiber

Chicken Breast with Cilantro Sauce

Chicken Breast Marinated in Olive Oil, Salsa and Garlic and served with Cilantro
Jalapeno Sauce containing Fresh Peppers, Chicken Stock, Butter, and Flour
4oz w/ sauce: 219 Calories, 34g Protein, 7g Fat, 1g Sat Fat, 308mg Sodium, 7g carb, 1g Fiber
Plain 4oz breast: 195 calories, 24g protein, 7g fat, 3g sat fat, 71mg sodium, 0g carb, 0g Fiber

Vegan Quinoa Black Bean Chili

Onion, Garlic, Chili Powder, Tomato, Peppers, Zucchini squash, Jalapeno, Adobe Chili Peppers,
Black Beans, Quinoa, Oregano, Cilantro
¾ Cup: 261 Calories, 10g Protein, 5g Fat, 0g Sat Fat, 310mg Sodium, 49g Carb, 12g fiber

ACCOMPANIMENTS

Corn Pudding

Evaporated Milk, Sugar, Butter, Flour, Pepper

Roasted Zucchini Squash

Garlic, Olive Oil

Baked Sweet Potato

Vegetable Medley

DESSERTS

Lemon Sour Cream

Fresh Melon Mix

Crumb Cake

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