

Tuesday Lunch

SOUP

Harvest Soup

Onion, garlic, celery, spinach, zucchini, tomato,
potato, peas, basil, salt, pepper,
vegetable stock, red pepper
¾ cup: 93 Calories, 3g Protein, 3g Fat,
0g Sat Fat, 238mg Sodium, 16g Carb, 4g fiber

SALADS

Salad Bar

Zucchini & Pasta Salad

Zucchini, Feta cheese, balsamic vinegar

ENTREES

Fresh Fruit and Cottage Cheese Cold Plate

With a Muffin 

Creamy Cottage Cheese Surrounded by Fresh 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, 2g fiber

Chicken a la King

Green Bell Peppers, 2% milk, mushrooms, Worcestershire sauce, pimento,
sherry wine, Chicken stock

¾ Cup: 211 Calories, 23g Protein, 4g Fat, 3g Sat Fat, 259mg Sodium, 10g Carb, 1g fiber

Sloppy Joe Sandwich

Ground Beef in Tangy Tomato Sauce with onion, green pepper and garlic

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

ACCOMPANIMENTS

Onion Rings

Cauliflower 

Steamed Peas 

DESSERTS

Pound Cake

Purple Plums

GF = Gluten Free (items will be marked daily)

 = Low Sodium or No Sodium

Tuesday Dinner

SOUP

Cream of Chicken Soup

2% Milk, Chicken Stock, Onion, Garlic,
Celery, Carrot, Poultry seasoning,
Worcestershire sauce

¾ cup: 160 calories, 4g protein, 10g fat,
6g sat fat, 131mg sodium, 14g carb, 1g fiber

SALADS

Salad Bar

Peaches & Cottage Cheese

ENTREES

Baked Meatloaf and Gravy

Oatmeal, Ketchup, Onion, Eggs, Beef Base, Green Pepper, Tomato Juice
4oz: 136 calories, 11g protein, 9g fat, 3g sat fat, 87mg sodium, 2g carb, 1g fiber

Citrus Tilapia

Tilapia filet breaded with garlic powder, grill & smoke flavor, onion powder, oils, lemon peel,
corn starch, salt, spices, sugar, garlic, onion, corn syrup, lemon juice, paprika
5oz filet: 160 Calories, 24g Protein, 6g Fat, 2g Sat Fat, 300mg Sodium, 2g Carb

Vegan Caribbean Rice and Beans

Stewed Black Beans Spiced with Green and Red Peppers,
White Vinegar, Garlic, and Rice

1 cup: 505 calories, 22g protein, 16g fat, 2g sat fat, 93mg sodium, 71g carb, 21g fiber

ACCOMPANIMENTS

Mashed Potatoes with

Roasted Garlic

2%, Butter, Scallions

Creamed Spinach

Vegetable Medley

Cauliflower, Carrots, Broccoli

Brown Rice with Scallions

DESSERTS

Bread Pudding

Eggs, Heavy Whipping Cream

Maple Walnut Pralines and Syrup on the side

Peaches & Pears

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