

Tuesday Lunch

SOUP

Summer Lentil Soup

onion, celery, carrots, white wine, red wine
vinegar, thyme, vegetable stock, tomato puree,
garlic, white pepper

¾ cup: 94 calories, 6g protein, 2g fat,
0g sat fat, 142mg sodium, 13g carb, 4g fiber

SALADS

Salad Bar

ENTREES

Macaroni & Cheese

Cheddar, American, and Parmesan Cheese, Italian seasoning, black pepper, skim milk, garlic, onion
1 cup: 450 Calories, 18g Protein, 9g Fat, 5g Sat Fat, 311mg Sodium, 74g Carb, 4g fiber

Caesar Turkey Burger

Turkey burger, lettuce, tomato and Caesar dressing on a bun

1 burger: 563 calories, 33g protein, 35g fat, 7g sat fat, 760mg sodium, 34g carb, 0g fiber

Grilled Portobello Burger

Marinated Portobello Mushroom with Onion, Gouda Cheese and Fresh Spinach on Sourdough Bread
1 sandwich: 387 Calories, 15g Protein, 22g Fat, 8g Sat Fat, 808mg Sodium, 34g Carb, 4g Fiber

ACCOMPANIMENTS

Curly Fries

Balsamic Grilled Vegetables

Yellow Squash & Zucchini 

DESSERTS

Pudding Tart

Fresh Fruit Cup

GF = Gluten Free (items will be marked daily)

 = Low Sodium or No sodium

Tuesday Dinner

SOUP

Vegetable Barley Soup

Carrots, celery, onion, garlic, zucchini, cauliflower, green beans, potatoes, squash, vegetable stock, parsley, dill, oregano, black pepper, bay leaf, clove.

$\frac{3}{4}$ cup: 71 Calories, 2g Protein, 2g Fat, 0g Sat Fat, 32mg Sodium, 13g Carb, 3g fiber

SALADS

Salad Bar

Potato Salad

ENTREES

Texas BBQ Beef Brisket

Worcestershire Sauce, Wine, Onion & Garlic and BBQ Sauce

4oz: 317 Calories, 24g Protein, 22g Fat, 8g Sat Fat, 82mg Sodium, 3g Carb, 0g fiber

English Pub Battered Fish

3oz: 192 Calories, 14g Protein, 13g Fat, 2g Sat Fat, 105mg Sodium, 5g Carb, 0g fiber

Summer Vegetable Crepes

Sour cream, chives from the Kendal garden, milk, lemon juice, zucchini, green beans, corn, ricotta cheese, monetary jack cheese rolled in a crepe

1 crepes: 302 calories, 15g protein, 17g fat, 8g sat fat, 687mg sodium, 25g carb, 3g fiber

ACCOMPANIMENTS

Cheesy Grits

Butter, Parmesan, Cheddar

Corn O'Brien

Peppers and Onion

Potato Wedges

Okra and Tomatoes

Sugar, Black Pepper

DESSERTS

Blueberry Pie

Fresh Berries

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