

# Tuesday Lunch

## SOUP

### African Bean Soup

onion, tomato, coconut milk, curry powder,  
chicken, red peppers, chicken stock,  
kidney beans, basmati rice, green chili peppers  
¾ cup: 225 calories, 10g protein, 14g fat,  
11g sat fat, 69mg sodium, 17g carb, 5g fiber

## SALADS

### Salad Bar

### Italian Pasta Salad

## ENTREES

### Grilled Chicken and Spinach Salad

Grilled Chicken Strips on a bed of Spinach with Tomatoes, Strawberries, Mushrooms, Almonds  
and Poppysseed Dressing

1 Salad Plate: 223 Calories, 17g Protein, 14g Fat, 2g Sat Fat, 284mg Sodium, 9g Carb, 2g Fiber

### Cheddar Burger with Balsamic Onions

Grilled burger topped with cheddar cheese, roasted balsamic onions, tomato, chipotle ketchup

1 burger: 495 calories, 32g protein, 25g fat, 11g sat fat, 701mg sodium, 37g carb, 3g fiber

Hamburger on a Bun: 398 Calories, 27g Protein, 20g Fat, 8g Sat Fat, 356mg Sodium, 28g Carb, 2g fiber

### Turkey Burger on a Bun

1 burger: 342 calories, 24g protein, 13g fat, 3g sat fat, 545mg sodium, 37g carb, 5g fiber

## ACCOMPANIMENTS

Potato Wedges

Green Beans 

Broccoli 

## DESSERTS

Strawberry Crepe

Fresh Strawberries

*GF = Gluten Free (items will be marked daily)*

 = Low Sodium or No Sodium

# Tuesday Dinner

## SOUP

### Pasta Fagioli Soup

Onion, Peppers, Rosemary, Garlic, Cayenne, Carrot,  
Tomato, Northern Beans, Macaroni, Chicken Stock

$\frac{3}{4}$  cup: 211 Calories, 9g Protein, 3g Fat,  
1g Sat Fat, 187mg Sodium, 39g Carb, 6g fiber

## SALADS

### Salad Bar

### Arugula Salad

## ENTREES

### Pork, Cashew and Green Bean Stir-fry

Soy sauce, pork tenderloin, green beans, sesame oil, ginger root, garlic, cashew  
Served over a bed of rice

$\frac{3}{4}$  cup stir fry/ $\frac{1}{2}$ cup rice: 324 Calories, 25g Protein, 8g Fat, 2g Sat Fat, 508mg Sodium,  
38g Carb, 4g Fiber

### Baked Chicken with Rosemary

Chicken Roasted with Paprika and Rosemary

4oz: 384 Calories, 44g Protein, 19g Fat, 6g Sat Fat, 135mg Sodium, 9g Carb, 0g Fiber  
Plain 4oz breast: 195 calories, 24g protein, 7g fat, 3g sat fat, 71mg sodium, 0g carb, 0g Fiber

### Eggplant Parmesan

Fresh Eggplant layered with Pasta Sauce Parmesan and Mozzarella Cheeses.

Sauce Contains: Onion, Garlic, Basil, Oregano, Thyme, Parsley,

4x4 pc: 198 Calories, 11g Protein, 11g Fat, 5g Sat Fat, 362mg Sodium, 16g Carb, 4g Fiber

## ACCOMPANIMENTS

### Brown Rice with Scallions

### Bok Choy

### Mashed Potatoes with

### Steamed Green Peas

### Roasted Garlic

2%, Butter

## DESSERTS

### Chocolate Éclair

### Fresh Fruit Cup

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