

# Tuesday Lunch

## SOUP

### Roasted Garlic and Potato Soup

Onion, carrot, pepper, bacon, 2%, potatoes,  
chicken base, garlic

¾ Cup: 79 Calories, 3g Protein, 2g Fat,  
0g Sat Fat, 120mg Sodium, 14g Carb, 1g fiber

## SALADS

### Salad Bar

### Broccoli Salad with Raisins

Onion, bacon

## ENTREES

### Feta Chicken

Grilled Chicken Breast topped with Feta Cheese & Roma Tomatoes.

4oz Chicken Breast: 261 Calories, 25g Protein, 12g Fat, 5g Sat Fat, 157mg Sodium, 3g Carb, 2g fiber

Plain Baked Chicken Breast: 166 Calories, 33g Protein, 4g Fat, 1g Sat Fat, 92mg Sodium, 1g Carb, 0g fiber

### Bacon Cheeseburger

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

### Liverwurst and Onion Sandwich on Rye

Sliced and Chilled Liverwurst Sausage on Rye Bread with Slices of Red Onions

1 sandwich: 317 Calories, 12g Protein, 19g Fat, 7g Sat Fat, 746mg Sodium, 24g Carb, 3g fiber

## ACCOMPANIMENTS

Breaded Mushrooms

Steamed Peas 

Mashed Potatoes &  
Chicken Gravy

Yellow Squash 

## DESSERTS

Drumstick  
peanuts

Fresh Fruit Cup

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

 = Low Sodium or No Sodium

# Tuesday Dinner

## SOUP

### Beef Creole Soup

Cajun Seasonings, Beef Stock, Tomatoes, Green Pepper, Garlic, Celery, Onion

¾ Cup: 128 Calories, 4g Protein, 8g Fat, 4g Sat Fat, 152mg Sodium, 12g Carb, 1g fiber

## SALADS

### Salad Bar

### Caesar Salad

## ENTREES

### 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

### Roast Beef with Herbs

Black Pepper, Basil, Garlic Powder, Oregano, Thyme, Parsley

3 oz. Beef: 162 calories, 27g protein, 5g fat, 2g Sat Fat, 51mg Sodium, 1g Carb, 0g fiber

### Sweet & Sour Lentils over Rice

Lentils with brown sugar, Ginger, Apple Juice, Onion, Garlic, Carrot, Scallions, Green Peppers, Zucchini, Tomato, Soy Sauce, and Vinegar served over Brown Rice.

4 oz: 406 Calories, 10g Protein, 4g Fat, 1g Sat Fat, 98mg Sodium, 84g Carb, 6g fiber

## ACCOMPANIMENTS

Ranch Red Bliss Potatoes

Sautéed Spinach 

Noodles

Wax Beans 

## DESSERTS

### Hunter Pudding

Raisins, Wheat Bread, 2%, Butter, Sugar, Eggs, Cloves, Cinnamon, Nutmeg

Fresh Melon

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

 = Low Sodium or No Sodium