

Tuesday Lunch

SOUP

Tomato Bouillon Soup

onion, chicken stock, celery, tomato juice,
sugar, lemon juice, black pepper
¾ cup: 25 Calories, 1g Protein, 1g Fat,
0g Sat Fat, 297mg Sodium, 5g Carb, 1g fiber

SALADS

Salad Bar

Macaroni Salad 
Celery, Onion, Pimento

ENTREES

Italian Chicken Sausage on a Bun

1 sandwich: 250 calories, 29g Protein, 4g Fat, 3g Sat Fat, 940mg sodium, 25 Carb, 1g fiber

Root Beer BBQ Chicken

Chicken thighs glazed with BBQ sauce and Root Beer

4oz w/ sauce: 202 calories, 24g Protein, 9g Fat, 3g Sat Fat, 128mg sodium, 2g Carb, 0g fiber
Plain 4oz breast: 195 calories, 24g protein, 7g fat, 3g sat fat, 71mg sodium, 0g carb, 0g fiber

Egg Salad Sandwich

Egg salad made with light mayo and celery seed served on your choice of bread

1 sandwich: 260 calories, 14g protein, 11g fat, 3g sat fat, 430mg sodium, 29g carb, 1g fiber

ACCOMPANIMENTS

Slow-cooked BBQ

Baked Beans

Onions, Bacon

Summer

Vegetable Medley

Yellow squash, butter, cream, corn

Breaded Mushrooms

Cauliflower with Parsley

DESSERTS

Whoopie Pie

Sliced Pears

GF = Gluten Free (items will be marked daily)

 = *Low Sodium or No Sodium*

Tuesday Dinner

SOUP

Hot and Sour Soup

Mushrooms, Tofu, chicken, Sherry, sesame oil,
Scallions, Light Soy Sauce, chicken stock, rice
wine vinegar

¾ cup: 53 Calories, 2g Protein, 2g Fat,
0g Sat Fat, 251mg Sodium, 7g Carb, 1g fiber

SALADS

Salad Bar

Sweet and Sour Cucumbers with Dill

ENTREES

General Tso's Chicken

Tempura Battered Chicken Breast, Broccoli, and Red Peppers

7oz: 394 Calories, 26g Protein, 8g Fat, 4g Sat Fat, 537mg Sodium, 44g Carb, 2g fiber
Plain 4oz breast: 195 calories, 24g protein, 7g fat, 3g sat fat, 71mg sodium, 0g carb, 0g fiber

Catch of the Day Riviera

4 oz: calories, g Protein, g Fat, g Sat Fat, mg sodium, g Carb, g fiber

BBQ Tofu with Greens and Noodles

Tofu, Hoisin Sauce, Soy Sauce, Dijon Mustard, Chili Paste, Sesame Seeds, and Sesame Oil
Served over a mixture of Spinach, Vegetable Stock and Whole Wheat Spaghetti
8oz: 226 calories, 11g protein, 6g fat, 1g sat fat, 496mg sodium, 36g carb, 7g fiber

ACCOMPANIMENTS

Fried Rice

Carrots, peas, eggs

Sautéed Swiss Chard

Garlic, Olive Oil

Crispy Yukon Gold Garlic

Potatoes

Garlic, Oil, Paprika

Roasted Beets

Olive Oil, Onion

DESSERTS

Strawberry Cake

Fresh Strawberries

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