

Tuesday Lunch

SOUP

Cauliflower Bacon and

Cheddar Soup **GF**

2% milk, Chicken stock, corn starch

$\frac{3}{4}$ cup: 154 Calories, 12g Protein, 8g Fat,
5g Sat Fat, 275mg Sodium, 8g Carb, 2g fiber

SALADS

Salad Bar

Four Bean Salad

garbanzo, green and kidney, edamame beans
in Italian dressing

ENTREES

Sloppy Joe Sandwich

Beef, Tomato Sauce, Onion, Ketchup, Chili Powder, Black Pepper, green pepper, vinegar,
brown sugar, ground mustard

1 sandwich: 216 Calories, 10g Protein, 6g Fat, 2g Sat Fat, 540mg Sodium, 32g Carb, 3g fiber

Roasted Red Snapper w/ Pepper & Tomato Sauce **GF** 

Baked Red Snapper w/ Pine Nuts, Red & Green Peppers, Garlic, Crushed Tomato, Black Pepper.
5 oz: 264 Calories, 26g Protein, 12g Fat, 2g Sat Fat, 250mg Sodium, 16g Carb, 5g fiber

Fresh Fruit and Cottage Cheese Cold Plate

w/ Orange Muffin 

A Bowl of Creamy Cottage Cheese Surrounded by 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, 1g fiber

ACCOMPANIMENTS

Quinoa Lemongrass Pilaf 

Garlic, ginger, broccoli, red peppers

Honey Spiced Carrots **GF** 

Honey, Orange Juice

Breaded Mushrooms

Broccoli **GF** 

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

 = **Low Sodium or No Sodium**

DESSERTS

Chocolate Cherry Trifle

Fresh Fruit Cup

Tuesday Dinner

SOUP

Cream of Tomato Soup

Half & Half, 2% milk,

Vegetable Stock, Tomato Puree, Sugar, Pepper

¾ cup: 101 calories, 3g protein, 5g fat, 3g sat fat,
460mg sodium, 12g carb, 1g fiber

SALADS

Salad Bar

Indian Cucumber Salad

ENTREES

Whiskey & Honey Ribs

Honey, Ginger, Jack Daniels, Beef Stock, Flour, Margarine

2 ribs: 328 calories, 30g protein, 17g fat, 6g sat fat, 695mg sodium, 10g carb, 1g Fiber

Punjabi Chicken in Thick Gravy

Veg oil, Ghee, cumin, onion, garlic, ginger root, tomato, turmeric, Chile pepper, cilantro, masala

Vegetarian Korma

Vegetable oil, onion, ginger root, garlic, potatoes, carrots, jalapeno, cashews, tomato, curry, peas,
bell peppers, heavy cream, cilantro

ACCOMPANIMENTS

Corn Pudding

Evaporated Milk, Sugar, Butter, Flour, Pepper

Corn on the Cob 

Indian Cauliflower

Baked Sweet Potato 

Palak Paneer

DESSERTS

Lemon Sour Cream

Fresh Melon Mix

Crumb Cake

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