

# Wednesday Lunch

## SOUP

### Tomato Basil Bread Soup

Fresh Basil, Balsamic Vinegar, Black Pepper,  
Sugar, Bread and Chicken Stock.  
3/4 cup: 217 calories, 5g protein, 10g fat,  
2g sat fat, 361mg sodium, 28g carb, 2g Fiber

## SALADS

### Salad Bar

Orange Pineapple Velvet 

## ENTREES

### Lobster Salad Roll

Lobster meat, celery, mayo, chives, lemon juice, black pepper,  
4oz salad w/ roll:: 348 calories, 26g Protein, 14g fat, 2g sat fat, 733mg sodium, 29g Carb, 0g Fiber

### Soy Bourbon Glazed Salmon

Grilled Salmon with a Glaze containing Brown Sugar, Soy Sauce, and Bourbon  
4oz: 205 calories, 25g Protein, 8g fat, 1g sat fat, 240mg sodium, 5g Carb, 0g Fiber

### Caprese Panini

Tomato, basil, mozzarella cheese  
1 sandwich: 357 calories, 18g Protein, 18g Fat, 9g Sat Fat, 642mg sodium, 30g Carb, 2g fiber

## ACCOMPANIMENTS

Long Grain and Wild Rice  Napa Cabbage w/ Lemon  
and Ginger   
French Fries  
Green Beans 

## DESSERTS

Princess Brownie

Fresh Fruit Cup

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

 = Low Sodium or No Sodium

# Wednesday Dinner

## SOUP

### Italian Egg & Spinach Soup

Parmesan Cheese, Chicken Stock,  
Pepper, Nutmeg, Bay Leaf

¾ cup: 37 calories, 3g Protein, 2g Fat,  
0g Sat Fat, 180mg sodium, 3g Carb, 1g Fiber

## SALADS

### Salad Bar

### Italian Pasta Salad

Onion, Tomato, Parmesan Cheese, Italian  
Dressing

## ENTREES

### Chicken Marsala

Mushroom, Marsala Wine, Chicken Demi Glaze

4oz chicken w/ sc: 544 calories, 29g Protein, 38g fat, 15g sat fat, 325mg sodium, 10g Carb, 1g Fiber

### Veal Cutlet Parmesan

Breaded Deep Fried Veal Cutlets Topped with Marinara Sauce, Onion, Garlic and Mozzarella Chee  
4oz w/sc: 379 calories, 38g Protein, 19g fat, 5g sat fat, 328mg sodium, 14g Carb, 2g Fiber

### Creamy Spinach Lasagna

Baby Spinach, Ricotta Cheese, Garlic, Onion, Marinara, Parmesan & Mozzarella Cheese layered with Pasta  
2x2 square: 278 Calories, 16g Protein, 13g Fat, 7g Sat Fat, 593mg Sodium, 24g Carb, 3g fiber

## ACCOMPANIMENTS

### Roasted Potatoes

Onion, Garlic, Thyme, Paprika, Oregano, Olive  
Oil Blend, Balsamic Glaze

### Vegetable Blend

Wax and Green beans, Carrots

### Pasta w/ Herbs

Olive Oil, Oregano, Red Pepper, Parmesan  
Cheese, Thyme and Parsley

### Artichokes w/Roasted Red Pepper

Onion, Garlic, Balsamic glaze

## DESSERTS

### Tiramisu

### Melon with Berries

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