

Wednesday Lunch

SOUP

Beef Minestrone Soup

Celery, onion, tomato, bowtie pasta, beef base, garlic, thyme, black pepper, spinach, garbanzo beans, kidney beans

$\frac{3}{4}$ cup: 61 Calories, 3g Protein, 2g Fat, 0g Sat Fat, 202mg Sodium, 9g Carb, 2g fiber

SALADS

Salad Bar

Under the Sea Gelatin Salad 

ENTRÉE

Cuban Ham and Pork Sandwich

Pork loin and sliced ham on a French roll with mayonnaise, Swiss cheese and a pickle Sandwich: 624 calories, 43g protein, 37g fat, 13g sat fat, 721mg sodium, 28g carb, 1g fiber

Sirloin Steak Salad Cold Plate

Romaine lettuce topped with cherry tomatoes, olives, artichoke hearts and sirloin steak with Red Wine Vinaigrette

Contains, black pepper and garlic powder and parsley

1 Plate: 302 Calories, 20g Protein, 22g Fat, 5g Sat Fat, 218mg Sodium, 7g Carb, 3g fiber

Grilled Cheese with Bacon and Tomato Sandwich

Cheese, bacon and tomato grilled to perfection on your choice of bread

1 sandwich: 325 calories, 13g protein, 18g fat, 5g sat fat, 739mg sodium, 30g carb, 5g fiber

ACCOMPANIMENTS

Tater Barrels

Corn O'Brien 

Rice Pilaf 

Hot Sliced Beets 

Celery, onion, mushrooms, parsley

DESSERTS

Chocolate Mousse

Peaches

GF = Gluten Free (items will be marked daily)

 = Low Sodium or No Sodium

Wednesday Dinner

SOUP

Garden Vegetable Soup

onion, celery, leeks, garlic, tomato, barley, carrots, turnip, cabbage, potato, bell peppers, vegetable blend, LS vegetable Stock

¾ cup: 66 Calories, 2g Protein, 2g Fat, 0g Sat Fat, 98mg Sodium, 12g Carb, 3g fiber

SALADS

Salad Bar

Sweet & Sour Apple Cole Slaw

Red Peppers, Carrots, Cabbage, Red Onion, Olive Oil, Dijon Mustard, Sugar, Black Pepper, Apple Cider Vinegar, Apples

ENTREES

Vanilla Balsamic Glazed Chicken Thigh

Chicken stock, balsamic vinegar, shallots, brown sugar, orange zest, orange juice, vanilla bean
4oz: 223 Calories, 22g Protein, 10g Fat, 3g Sat Fat, 96mg Sodium, 9g Carb, 0g fiber

Grilled Vietnamese Pork Chop

Marinated in Lite Soy Sauce, Fish Sauce, Garlic, Onion, Lemongrass, Brown Sugar.
4oz w/sauce: 230 Calories, 29g Protein, 10g Fat, 4g Sat Fat, 527mg Sodium, 4g Carb, 0g fiber

Vegetable Lo Mein Tofu

Onion, Garlic, Snow Peas, Ginger, Celery, Carrots, Water Chestnuts, Hoisin Sauce, Mushroom
8oz: 125 Calories, 8g Protein, 7g Fat, 1g Sat Fat, 198mg Sodium, 10g Carb, 1g fiber

ACCOMPANIMENTS

Noodles in Peanut Sauce

Bok Choy 

Egg Rolls

French Green Beans 

DESSERTS

Almond Cookies

Mandarin Oranges

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