

# Wednesday Lunch

## SOUP

### Creamy Carrot and Coconut Soup

onion, carrots, ginger, curry powder,  
vegetable stock, coconut milk

¾ cup: 173 Calories, 2g Protein, 14g Fat,  
13g Sat Fat, 152mg Sodium, 11g Carb, 3g fiber

## SALADS

### Salad Bar

### Green Barley and Kale Salad

## ENTREES

### Pecan Crusted Tilapia

4oz: 190 Calories, 21g Protein, 7g Fat, 1g Sat Fat, 201mg Sodium, 11g Carb, 1g fiber

### Beef Flank Steak Sandwich w/Gorgonzola Cheese

Grilled Flank Steak with Fresh Spinach and Gorgonzola Cheese on a Petite French Roll  
topped with vinaigrette .

1 sandwich: 414 Calories, 32g Protein, 18g Fat, 4g Sat Fat, 636mg Sodium, 28g Carb, 2g fiber

### Chicken Salad Stuffed Avocado Cold Plate w/ Muffin

Chicken Salad prepared with low-fat Mayo, Orange Zest, Shallots, Red Pepper, & Chives,  
Stuffed into Freshly Sliced Avocado

½ Stuffed Avocado: 251 Calories, 18g Protein, 16g Fat, 3g Sat Fat, 107mg Sodium, 11g Carb, 6g fiber

## ACCOMPANIMENTS

### Curly Fries

### Peas & Mushrooms

### Orzo with Cheese & Broccoli

### Swiss Chard

## DESSERTS

### Hot Peach Crisp

### Sliced Peaches

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

 = *Low Sodium or No Sodium*

# Wednesday Dinner

## SOUP

### Beef Barley Soup

Carrots, Celery, Onion, Beef Stock

¾ Cup: 90 Calories, 5g Protein, 4g Fat,

1g Sat Fat, 105mg Sodium, 10g Carb, 1g fiber

## SALADS

### Salad Bar

### Cucumbers in Sour Cream

Mayonnaise, Sour Cream, Onion 

## ENTREES

### Chicken Breast Arrabiata

Grilled Chicken with Tomatoes, Garlic, Crushed Red Pepper, Olives, and Basil.

4oz: 179 calories, 23g protein, 7g fat, 1g sat fat, 371mg sodium, 7g carb, 2g Fiber

### Baked Meatloaf

Traditional Favorite of Ground Beef, celery, onion, garlic, ketchup, eggs, Worcestershire, bread crumbs, paprika, Dijon mustard, brown sugar

4oz: 234 calories, 15g protein, 11g fat, 4g sat fat, 342mg sodium, 17g carb, 1g fiber

2 oz gravy: 81 calories, 1g protein, 6g fat, 4g sat fat, 44mg sodium, 6g carb, 0g fiber

### Roasted Vegetable Lasagna

Tender pasta layered with roasted vegetables

1 cup: 220 Calories, 14g Protein, 7g Fat, 4g Sat Fat, 480mg Sodium, 25g Carb, 2g fiber

## ACCOMPANIMENTS

### Mashed Potatoes

2% Milk, Butter

### Green Beans

### Couscous

White Wine

### Balsamic & Parmesan

### Roasted Cauliflower

## DESSERTS

### Heavenly Coconut Cake

### Fresh Melon

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