

# Wednesday Lunch

## SOUP

### Cream of Tomato

Tomato paste, tomato & V8 juice, 2%,  
white pepper, vegetable stock,  
¾ cup: 103 Calories, 3g Protein, 5g Fat,  
3g Sat Fat, 334mg Sodium, 12g Carb, 1g fiber

## SALADS

### Salad Bar

### Chantilly Cottage Cheese

## ENTREES

### Grilled Tuna Melt Sandwich

Tuna & Melted Swiss cheese grilled to perfection. Tuna Salad contains celery and onion  
1 sandwich: 394 Calories, 22g Protein, 19g Fat, 9g Sat Fat, 657mg Sodium, 34g Carb, 3g fiber

### Sweet and Sour Pepper Steak

Steak Sautéed with Peppers, Carrots and Pineapple in a Soy Sauce  
6 oz: 257 Calories, 25g Protein, 11g Fat, 5g Sat Fat, 160mg Sodium, 16g Carb, 1g fiber

### Taco Bar

Taco meat with your choice of shell and toppings: lettuce, tomato, cheese, salsa

## ACCOMPANIMENTS

### Brown Rice

Pepper, canola oil

### Green Beans w/ Sesame and Garlic

Soy sauce, sesame oil

### French Fries

### Okra & Tomatoes

Sugar, margarine

## DESSERTS

### Key Lime Pie

### Fresh Fruit

*Menu Subject to Change Without Notice*

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

 = Low Sodium or No Sodium

# Wednesday Dinner

## SOUP

### Garlicky Bread Soup

2% Milk, Onion, Garlic, Parmesan Cheese, herbs  
¾ cup: 126 Calories, 6g Protein, 5g Fat,  
2g Sat Fat, 370mg Sodium, 16g Carb, 1g fiber

## SALADS

### Salad Bar

### Caesar Salad

## ENTREES

### Pork Tenderloin with Peach Brandy Sauce

4 oz / 1oz sc: 261 Calories, 37g Protein, 9g Fat, 3g Sat Fat, 503mg Sodium, 6g Carb, 1g fiber

### Key West Shrimp Scampi

Broccoli, Red Onion, Butter, White Wine, Garlic

6 shrimp & veg: 289 Calories, 15g Protein, 20g Fat, 12g Sat Fat, 733mg Sodium, 13g Carb, 5g fiber

### Vegan Spicy Lentil Stew

Lentils, Tomatoes, Green Peppers, Diced Tomato and Onions  
Seasoned with Cilantro and Garlic

8oz: 184 Calories, 13g Protein, 1g Fat, 0g Sat Fat, 385mg Sodium, 33g Carb, 12g fiber

## ACCOMPANIMENTS

### Herbed Basmati Rice

Green Onion, Basil, Thyme

### Orange Glazed Beets

### Brussels Sprouts

### Oven Roasted

### Red Potatoes

Olive Oil, Garlic, Herbs

## DESSERTS

### Ginger Snap Biscotti

### Bing Cherries

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