

Friday Lunch

SOUP GF

Cream of Mushroom Soup

Non-fat dry milk, mushrooms, onion,
chicken base, pepper

¾ cup: 139 Calories, 7g Protein, 6g Fat,
1g Sat Fat, 181mg Sodium, 15g Carb, 1g Fiber

SALADS

Salad Bar

Two Potato Salad

Sweet potatoes, white potatoes, oil, lime juice,
apple cider vinegar, brown sugar, ginger,
nutmeg, salt, celery, onion, pecan

ENTREES

Tuna Melt

Eggs, celery, lemon juice, onion. Mayo, Monterey cheese

3oz: 306 Calories, 20g Protein, 18g Fat, 7g Sat Fat, 836mg Sodium, 17g Carb, 1g Fiber

Apple Cider Chicken Tenders

Salt, pepper, oil, onion, thyme, honey, garlic, bay leaves, chicken stock, apple cider vinegar

6oz: 188 Calories, 27g Protein, 6g Fat, 1g Sat Fat, 87mg Sodium, 4g Carb, 0g Fiber

Spanakopita

Onion, garlic, green onion, egg, ricotta cheese, feta cheese, oil, phyllo dough

1each: 275 Calories, 10g Protein, 18g Fat, 5g Sat Fat, 337mg Sodium, 21g Carb, 3g Fiber

ACCOMPANIMENTS

Couscous

Chicken stock, butter

French Fries

Sesame Kale

Oil, garlic, ginger, sesame seeds,
light soy sauce

Seasoned Zucchini

Butter, salt, pepper

DESSERTS

Chilled Pineapple

Apple Pie

Menu Subject to Change Without Notice

GF = Gluten Free (items will be marked daily)

 = *Low Sodium or No Sodium*

Friday Dinner

SOUP

Chilled Mango Gazpacho GF

Oil, cucumbers, mango, red pepper, onion, garlic,
lime juice, basil, salt, pepper
¾ cup: 108 Calories, 1g Protein, 5g Fat,
1g Sat Fat, 5 mg sodium, 17g Carb, 1g Fiber

SALADS

Salad Bar

Black Eyed Pea Salad

Red & white vinegar, sugar, oil, cayenne
pepper, salt

ENTREES

Roasted Beef Shoulder GF

Plain Available

Salt, pepper, oil, shallots, brandy, heavy cream

6oz: 422 Calories, 25g protein, 31g fat, 15g sat fat, 641mg sodium, 3g carb, 1g fiber

Braised Pork Ragu GF

Rosemary, thyme, pepper, salt, oil, onion, carrots, garlic, red wine, tomato, chicken stock
8oz: 296 Calories, 24g Protein, 19g Fat, 6g Sat Fat, 228 mg Sodium, 3g Carb, 2g Fiber

Spanakopita

Onion, garlic, green onion, egg, ricotta cheese, feta cheese, oil, phyllo dough
1each: 275 Calories, 10g Protein, 18g Fat, 5g Sat Fat, 337mg Sodium, 21g Carb, 3g Fiber

ACCOMPANIMENTS

Baked Potato Wedges GF

Corn on the Cob GF

Creamy Polenta GF

Butter, parmesan cheese, salt, pepper

Almond Buttered Broccoli GF

Plain Available

DESSERTS

Frosted Cake

Citrus Sections GF

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