

Monday Lunch

SOUP

Manhattan Clam Chowder

Celery, onion, carrot, green pepper, diced tomato, potatoes, oregano, basil, Worcestershire sauce, salt white pepper, butter, garlic powder
¾ cup: 69 Calories, 6g Protein, 3g Fat, 1g Sat Fat, 965mg Sodium, 4g Carb, 1g Fiber

SALADS

Salad Bar

New Potato Salad

Celery, onion, diced sweet peppers, mustard, salt, pepper

ENTREE

Baked Cod w/ Lemon Sauce

Mint, oil, lemon juice

3oz: 212 Calories, 19g Protein, 15g Fat, 2g Sat Fat, 65mg Sodium, 0g Carb, 0g Fiber

Hot Dog on Bun

1 Hotdog: 478 Calories, 17g Protein, 33g Fat, 13g Sat Fat, 1146mg Sodium, 27g Carb, 1g Fiber

Veggie Burger on Bun

White beans, carrots, onion, oatmeal, parsley, garlic, chili powder, pepper

1 burger: 398 Calories, 17g Protein, 4g Fat, 1g Sat Fat, 619mg Sodium, 74g Carb, 15g Fiber

ACCOMPANIMENTS

Wild Rice Blend

Baked Beans 

French Fries

Green Beans 

DESSERTS

Fresh Strawberry Tart

Mango Chunks

Menu Subject to Change Without Notice

GF = Gluten Free (items will be marked daily)

 = Low Sodium or No Sodium

Monday Dinner

SOUP

Lentil Soup

Beef stock, bacon, onion, carrots, white pepper, garlic, basil, onion powder, butter, salt, pepper, croutons on the side

¾ cup: 121 Calories, 7g Protein, 4g Fat, 1g Sat Fat, 372mg Sodium, 14g Carb, 5g Fiber

SALADS

Salad Bar

Spinach Tomato & Orzo Salad

Lemon zest, basil, oil, salt

ENTREES

BBQ Baby Back Ribs

4oz rib: 260 Calories, 20g Protein, 19g Fat, 7g Sat Fat, 50mg Sodium, 0g Carb, 0g Fiber
Sauce on side: 40 Calories, 22g Protein, 0g Fat, 0g Sat Fat, 490mg Sodium, 10g Carb, 0g Fiber

Turkey Meatloaf

bread crumbs, parsley, sundried tomato, garlic, egg, milk, feta cheese. Salt, pepper
6oz: 331 Calories, 31g Protein, 16g Fat, 6g Sat Fat, 502mg Sodium, 15g Carb, 1g Fiber

Veggie Burger on bun

White beans, carrots, onion, oatmeal, parsley, garlic, chili powder, pepper
1 burger: 398 Calories, 17g Protein, 4g Fat, 1g Sat Fat, 619mg Sodium, 74g Carb, 15g Fiber

ACCOMPANIMENTS

Collard Greens

Mashed Potatoes

Roasted Corn and Peppers

French Fried Mushrooms

DESSERTS

Apple Pie

Mixed Melon

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