

Saturday Lunch

SOUP

Minestrone Soup

Bacon, onion, garlic, beef stock, bay leaves, pepper, cabbage, carrots, potato, celery, spinach, green beans, spaghetti noodles, flour, tomato, kidney beans

¾ cup: 47 Calories, 3g Protein, 1g Fat, 0g Sat Fat, 89mg Sodium, 7g Carb, 2g Fiber

SALADS

Salad Bar

Apple Slaw

Mayo, sugar, lemon juice, apple cider vinegar, pepper, salt, sesame seeds

ENTREES

Pulled Pork

Paprika, garlic, mustard, brown sugar, salt

3oz: 190 Calories, 26g Protein, 9g Fat, 3g Sat Fat, 162mg Sodium, 0g Carb, 0g Fiber

Bean Burger on a Bun

2oz: 402 Calories, 17g Protein, 9g Fat, 4g Sat Fat, 818mg Sodium, 63g Carb, 6g Fiber

Chinese Pepper Steak

Roast beef, oil, pepper, green pepper, onion, light soy sauce, sherry, garlic powder, ginger, cornstarch, tomato, mushroom

3oz: 137 Calories, 15g Protein, 7g Fat, 2g Sat Fat, 63mg Sodium, 3g Carb, 0g Fiber

ACCOMPANIMENTS

Homemade Potato Chips

Mustard Greens

Ham, pepper, butter

Brown Rice

Summer Vegetable Blend

DESSERTS

Tropical Fruit

Cookies

Menu Subject to Change Without Notice

GF = Gluten Free (items will be marked daily)

 = Low Sodium or No Sodium

Saturday Dinner

SOUP

Beef Barley Soup

Celery, onion, beef stock, bay leaves, pepper,
carrots, barley, beef tips
¾ cup: 56 Calories, 4g Protein, 2g Fat,
1g Sat Fat, 72mg sodium, 5g Carb, 1g Fiber

SALADS

Salad Bar

Romaine Salad
w/ Dressing

ENTREES

Veal Milanese

Egg, flour, bread crumbs, cream butter, lemon juice, basil, asiago cheese, onion, garlic, shallots
8oz: 675 Calories, 26g Protein, 51g Fat, 14g Sat Fat, 867mg Sodium, 28g Carb, 2g Fiber

Seared Scallops w/Lemon Aioli

White wine, shallots, garlic, heavy cream, turmeric, salt, pepper, oil
7oz: 683 Calories, 25g Protein, 55g Fat, 31g Sat Fat, 705mg Sodium, 15g Carb, 1g Fiber

Chickpea Ratatouille

Eggplant, tomatoes, zucchini, onion, red pepper, yellow peppers, garlic, oil, thyme,
garbanzo beans
6oz: 98 Calories, 4g Protein, 3g Fat, 0g Sat Fat, 9mg Sodium, 17g Carb, 4g Fiber

ACCOMPANIMENTS

Orzo Pilaf

Onions, chicken stock

Roasted Carrots

Sautéed Escarole

Herb Roasted Potatoes

Oil, parsley, black pepper, parmesan cheese

DESSERTS

Chocolate Pots De Creme

Seasonal Berries

Menu Subject to Change Without Notice

GF = Gluten Free (items will be marked daily)

 = Low Sodium or No Sodium