

# Sunday Brunch

## SOUP

### Gazpacho Soup GF

Mushroom, salt, tomato, green pepper, celery, cucumber, onion, chives, parsley, tomato juice, tabasco, tarragon wine vinegar, Worcestershire  
¾ cup: 61 Calories, 1g Protein, 3g Fat, 1g Sat Fat, 553mg Sodium, 7g Carb, 2g Fiber

## SALADS

### Salad Bar

### Pear & Quinoa Salad

Cranberries oil, onions, garlic, vegetable base, pepper, walnut, feta cheese, balsamic vinegar, chopped romaine

## ENTREES

### Cedar Plank Salmon GF, Plain Available

Oil, rice vinegar, sesame oil, light soy sauce, green onions, ginger, garlic  
4oz: 231 Calories, 26g Protein, 13g Fat, 2g Sat Fat, 225mg Sodium, 1g Carb, 0g Fiber

### Beef Tenderloin GF

Oil, salt, pepper  
3oz: 141 Calories, 19g Protein, 7g Fat, 2g Sat Fat, 302mg Sodium, 0g Carb, 0g Fiber

### Mushroom Quiche

Skim milk, tofu, corn, cheddar cheese, mushroom  
1 slice: 209 Calories, 15g Protein, 12g Fat, 4g Sat Fat, 236mg Sodium, 13g Carb, 2g Fiber

## ACCOMPANIMENTS

### Lemon New Potatoes GF

Butter, lemon juice, parsley

### Collard Greens GF

### Vegetable Medley GF

### Wild Rice & Bulgur GF

Chicken broth, onion, tarragon, pepper, parsley

### French Toast w/ Berries

### Bacon & Eggs

### Muffins & Scones

## DESSERTS

### Caramel Apple Cheesecake

### Cantaloupe

*Menu Subject to Change Without Notice*

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

 = Low Sodium or No Sodium

# Sunday Supper

## SOUP

### French Onion Soup GF

butter, salt, pepper, beef stock, Worcestershire sauce, wine, croutons & cheese on side  
¾ cup: 87 Calories, 3g Protein, 4g Fat,  
1g Sat Fat, 183mg Sodium, 12g Carb, 1g Fiber

## SALADS

### Salad Bar

### Red Cabbage Slaw

## ENTREES

### Posole GF

Pork, Hominy, onion, garlic, oil, oregano, thyme, salt, pepper, chicken stock, green chilis, jalapenos  
8oz: 214 Calories, 22g Protein, 10g Fat, 3g Sat Fat, 491mg Sodium, 8g Carb, 1g Fiber

### Chicken Pot Pie

Plain chicken Available

Onion, flour, pepper, celery, carrot, poultry seasoning, Butter, salt, Chicken stock  
9oz: 374 Calories, 25g Protein, 19g Fat, 4g Sat Fat, 342mg Sodium, 25g Carb, 2g Fiber

### Cheese Ravioli w/ Marinara Sauce

9oz: 385 Calories, 15g Protein, 14g Fat, 6g Sat Fat, 349mg Sodium, 48g Carb, 6g Fiber

## ACCOMPANIMENTS

### Brown Rice GF

### Seasoned Zucchini GF

Salt, pepper, oregano

### Roasted New Potatoes

### Prince Edward Blend GF

### GF

Oil, pepper, garlic

## DESSERTS

### Lemon Bar

### Tropical Fruit

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