

Thursday Lunch

SOUP

Chicken Rice Soup

Chicken stock, onion, celery, rice, chicken,
butter, flour

¾ cup: 65 Calories, 3g Protein, 3g Fat,
1g Sat Fat, 87mg Sodium, 5g Carb, 0g Fiber

SALADS

Salad Bar

3 Bean Salad

Green bean, black bean, kidney bean, onion,
green pepper, red wine vinegar, light soy
sauce, sugar, celery seeds, oil, salt, pepper

ENTREES

Vegetable Quiche

Egg, half and half, 2% milk, onions, mushrooms, salt, white pepper,
mozzarella cheese, winter vegetable blend

1 slice: 494 Calories, 17g Protein, 30g Fat, 12g Sat Fat, 574mg Sodium, 39g Carb, 3g Fiber

Salmon Couscous Bake

Oil, lemon juice, dill, squash, zucchini

7oz: 191 Calories, 18g Protein, 8g Fat, 1g Sat Fat, 41mg Sodium, 11g Carb, 1g Fiber

Assorted Pizza

Cheese Pizza, Pepperoni Pizza, Supreme Pizza

Featuring: Mediterranean Pizza

1 Slice: 353 Calories, 16g Protein, 14g Fat, 5g Sat Fat, 777mg Sodium, 40g Carb, 3g Fiber

ACCOMPANIMENTS

Squash w/ Red Peppers

Butter, white wine, pepper

Sugar Snap Peas

DESSERTS

Shortbread Cookies

Mandarin Oranges

Menu Subject to Change Without Notice

GF = Gluten Free (items will be marked daily)

 = Low Sodium or No Sodium

Thursday Dinner

SOUP

Seafood Chowder

Potatoes, onion, bacon, pepper, thyme, rosemary,
celery, Worcestershire, tabasco, 2% milk,
sole, shrimp

¾ cup: 114 Calories, 7g Protein, 5g Fat,
2g Sat Fat, 303mg sodium, 11g Carb, 1g Fiber

SALADS

Salad Bar

Waldorf Salad

½ & ½, mayo, apples, celery, salt,
sugar, nuts

ENTREES

Brazilian Coconut Chicken

Chicken seasoned with cumin, cayenne pepper, turmeric, coriander, salt, pepper, oil

Glaze: coconut milk, oil, onion, ginger, garlic, tomato, jalapeno,

6oz: 432 Calories, 31g Protein, 30g Fat, 19g Sat Fat, 87mg Sodium, 13g Carb, 3g Fiber

Baked Ham

5oz: 134 Calories, 22g Protein, 3g Fat, 1g Sat Fat, 1564mg Sodium, 4g Carb, 0g Fiber

Vegetable Quiche

Egg, half and half, 2% milk, onions, mushrooms, salt, white pepper,
mozzarella cheese, cauliflower, broccoli

1slice: 494 Calories, 17g Protein, 30g Fat, 12g Sat Fat, 574mg Sodium, 39g Carb, 3g Fiber

ACCOMPANIMENTS

Scalloped Potatoes

2% milk, butter, bread crumbs

Brussels Sprouts

Baked Sweet Potatoes

Roasted Cauliflower

Light soy sauce, sugar, pepper

DESSERTS

Pecan Pie

Scalloped Pineapple

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