

Tuesday Lunch

SOUP

Turkey Vegetable Soup

Chicken stock, vegetable blend, barley, tomato,
celery, onion, green pepper, potato
¾ cup: 60 Calories, 6g Protein, 1g Fat,
0g Sat Fat, 82mg Sodium, 7g Carb, 1g Fiber

SALADS

Salad Bar

Mixed Greens Salad 

ENTREES

Salmon Patty

Butter, flour, 2% milk, corn flakes, onion, sweet peppers, egg, bread crumbs
6oz: 311 Calories, 26g Protein, 14g Fat, 3g Sat Fat, 619mg Sodium, 20g Carb, 1g Fiber

Rueben Sandwich

sauerkraut, swiss cheese, thousand island dressing, rye bread, corned beef
3oz 552 Calories, 24g Protein, 36g Fat, 12g Sat Fat, 1924mg Sodium, 31g Carb, 4g Fiber

Vegetarian Greek Salad

Red onion, red wine vinegar, sugar, oregano, olive oil, cucumber, tomato, feta cheese, olives,
garbanzo beans, hard boiled eggs
2oz : 492 Calories, 24g Protein, 23g Fat, 7g Sat Fat, 379mg Sodium, 50g Carb, 13g Fiber

ACCOMPANIMENTS

Orzo Pilaf

Onion, butter

Dill Carrots

Onion Rings

Wilted Spinach

DESSERTS

Baklava

Apricot Halves

Menu Subject to Change Without Notice

GF = Gluten Free (items will be marked daily)

 = Low Sodium or No Sodium

Tuesday Dinner

SOUP

Vichyssoise Soup GF

Vegetable stock, onion, potato, celery salt, garlic powder, white pepper, ½ & ½, chives, parsley
¾ cup: 112 Calories, 3g Protein, 7g Fat, 5g Sat Fat, 279mg sodium, 10g Carb, 1g Fiber

SALADS

Salad Bar

Arugula & Mushroom Salad

Lemon juice, parmesan cheese, pepper, salt, oil, rice wine vinegar

ENTREES

Mediterranean Snapper GF

White wine, garlic, oil, tomato, chives, salt, pepper
4oz: 95 Calories, 18g Protein, 1g Fat, 0g Sat Fat, 44mg Sodium, 3g Carb, 1g Fiber

Balsamic Flank Steak GF

Garlic, rosemary, oregano, mustard, balsamic vinegar, oil, salt, pepper
3oz: 257 Calories, 23g Protein, 17g Fat, 6g Sat Fat, 66mg Sodium, 1g Carb, 0g Fiber

Vegetarian Greek Salad GF

Red onion, red wine vinegar, sugar, oregano, olive oil, cucumber, tomato, feta cheese, olives, garbanzo beans, hard boiled eggs
2oz : 492 Calories, 24g Protein, 23g Fat, 7g Sat Fat, 379mg Sodium, 50g Carb, 13g Fiber

ACCOMPANIMENTS

Ancient Rice

Asparagus in Brown Butter GF

Salt, pepper

Chive Roasted Potatoes GF

Roasted Root Vegetables GF

Parmesan cheese, black pepper

DESSERTS

Chocolate Angel Food Cake

Mixed Melons

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