

# Wednesday Lunch

## SOUP

### Cauliflower Cheese Soup

Onion, butter, salt, pepper, 2% milk, cheddar cheese, bay leaves, chicken base

¾ cup: 151 Calories, 7g Protein, 10g Fat, 5g Sat Fat, 351mg Sodium, 8g Carb, 1g Fiber

## SALADS

### Salad Bar

## ENTREES

### Vegetable Korma

Oil, onion, ginger, potato, carrots, jalapeno, cashews, tomato sauce, salt, curry powder, peas, green peppers, red peppers, heavy cream

½ cup: 121 Calories, 2g Protein, 8g Fat, 4g Sat Fat, 354mg Sodium, 12g Carb, 2g Fiber

### Grilled Chicken with Mango Salsa

Mango, tomato, onion, cilantro, lime juice, jalapenos

7oz: 192 Calories, 29g Protein, 4g Fat, 1g Sat Fat, 434mg Sodium, 11g Carb, 2g Fiber

### Brie, Fig & Pear Panini

Arugula

1 sandwich: 542 Calories, 21g Protein, 30g Fat, 18g Sat Fat, 739mg Sodium, 50g Carb, 4g Fiber

## ACCOMPANIMENTS

### Sweet Potato Fries

### Coconut Jasmine Rice

### Grilled Vegetables

Zucchini, squash, tomato, oil, salt, pepper, garlic powder, onion powder

### Streamed Broccoli

## DESSERTS

### Honeydew Melon

### Ambrosia

*Menu Subject to Change Without Notice*

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

 = Low Sodium or No Sodium

# Wednesday Dinner

## SOUP

### Italian Wedding Soup

Ground beef, egg, bread crumbs, escarole,  
parmesan cheese, bay leaves, onion powder,  
chicken broth, orzo, carrot

¾ cup: 127 Calories, 8g Protein, 4g Fat,  
1g Sat Fat, 83mg sodium, 15g Carb, 2g Fiber

## SALADS

### Salad Bar

Caesar Salad 

## ENTREES

### Spaghetti with Meatballs

9oz: 460 Calories, 27g Protein, 21g Fat, 7g Sat Fat, 455mg sodium, 36g carb, 5g fiber

### Coffee Pork Loin w/ Espresso Sauce

Espresso grilling sauce, salt pepper, coriander, coffee

4oz: 193 Calories, 22g Protein, 8g Fat, 3g Sat Fat, 800mg Sodium, 9g Carb, 0g Fiber

### Vegetable Korma

Oil, onion, ginger, potato, carrots, jalapeno, cashews, tomato sauce, salt, curry powder,  
peas, green peppers, red peppers, heavy cream

½ cup: 121 Calories, 2g Protein, 8g Fat, 4g Sat Fat, 354mg Sodium, 12g Carb, 2g Fiber

## ACCOMPANIMENTS

### Saffron Rice

Garlic, oil, saffron, turmeric, cayenne pepper,  
chicken stock, salt, pepper, lemon zest,  
almonds

### Steamed Broccoli

### Wilted Spinach

## DESSERTS

### Tiramisu

### Chilled Peaches

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