

Lunch and Supper Menu-Week of January 24 to January 30

SUNDAY, January 24

COOK'S CHOICE-ASK FOR DETAILS

MONDAY, January 25-Breakfast Special:

Scrambled Eggs and Hash Brown Casserole (1 carb)

Menu Item	Serving/Calories
Irish Soup (1 carb)	4oz.=129 calories
Spaghetti♥(1 carb)	=170 calories
Garlic Bread ♥(1 carb)	=120 calories
Sandwich=	Cook's Choice
Green Beans Almondine♥(0 carb)	=126 calories
Mandarin Spinach Salad♥(1 carb)	=174 calories
Chocolate Turtle Pie (3 carb)	=390 calories

Tuesday, January 26

Breakfast Special: Biscuits & Gravy (2 carb)

Menu Item	Serving/Calories
Black Bean Vegetable Soup♥(1 carb)	=113 calories
French Dip♥(1 carb)	=222 calories
Herb Roasted Potatoes ♥(1 carb)	=117 calories
Turkey on Croissant (1 carb)	=290 calories
Peas♥(1 carb)	=70 calories
Raspberry Cream Salad♥(2 carb)	=155 calories

Wednesday, January 27-Breakfast Special:

Coffee Cake (3 carb)

Menu Item	Serving/Calories
Chicken Dumpling Soup♥(1 carb)	=118 calories
Nachos (2 carb)	=165 calories meat only =140 calories chips
Corn Nuggets (2 carb)	=190 calories
Deli Chicken on Pretzel Bun (2 carb)	=387 calories
Brussels Sprouts ♥(0 carb)	½ cup=19 calories
Ultimate Italian Salad♥(0 carb)	=133 calories
Strawberry Shortcake (3 carb)	=245 calories

Thursday, January 28-Breakfast Special:

Hash Brown/Breakfast Potato (1 carb)

Menu Item	Serving/Calories
Creamy Spinach Soup ♥(1 carb)	=98 calories
Salmon Burger on Bun ♥(1 carb)	=310 calories
Roasted Sweet Potatoes♥(1 carb)	½ cup=60 calories
Sandwich=	Cook's Choice
California Normandy Veggies ♥(0 carb)	½ cup=30 calories
BLT Pasta Salad (2 carb)	=146 calories

Friday, January 29

Breakfast Special: Cinnamon Roll (3)

Menu Item	Serving/Calories
Cheesy Broccoli Soup ♥(1 carb)	=81 calories
Oven Fried Chicken (1 carb)	=212 calories
Holiday Potato Casserole (1 carb)	=161 calories
Fiesta Chicken Wrap ♥(2 carb)	=288 calories
Corn Casserole ♥(2 carb)	½ cup=172 calories
Strawberry Mousse ♥(1 carb)	½ cup=148 calories
Pumpkin Bars (2 carb)	=260 calories

Saturday, January 30

COOK'S CHOICE-ASK FOR DETAILS

*****Menu Subject to Change*****

Note-the numbers behind menu item indicates the total # of carbohydrate servings (1)=1 carbohydrate choice

For an 1800 calorie diet-4 total carbohydrate choices per meal is recommended and 500 calorie meals for breakfast, lunch, supper, and three (100) calorie snacks.

♥ indicates the item is less than or =to 3 grams saturated fat, no trans fat, and less than 500 mg sodium per serving