

March 28, 2024 Thursday Health Center & Café Dinner

SOUP

Chicken Rice Soup

41 Calories, 3g Protein, 1 g Fat, 276 mg Sodium,
5 g Carbs 22% Calories from Fat
Reduced Sodium: 42 Calories, 4g Protein, 2 g Fat, 199 mg
Sodium, 5 g Carbs 43% Calories from Fat

SALADS

House Garden Salad Endive with Tart Apple Dressing & Bleu Cheese

~Endive with a Nut Salsa (Pecans, Bleu Cheese, Olive oil, Honey &
Lemon Juice), with a Tart Apple Dressing (Apple Juice, Champagne
Vinegar, Lemon Juice, Olive Oil~

ENTREES

Seafood Cake

Fresh Crab, Shrimp & Cod with Green Onions, Breadcrumbs, Mayonnaise, Eggs, Parsley & Dill; Pan Sautéed
and served with Tartar and Lemon

280 Calories, 22g Protein, 14g Fat, 370mg Sodium, 15g Carbs, 45% Calories from Fat

Oven Roasted Turkey with Gravy

Your Choice of White or Dark Meat Turkey Served with or without Gravy
230 Calories, 32g Protein, 10g Fat, 115 mg Sodium, 0g Carbs, 39% Calories from Fat

Vegetarian Turkish Stuffed Eggplant

Eggplant Stuffed with Leeks, Bell Peppers, Cauliflower, Garbanzo Beans, Almonds, Garlic, Tomatoes, Parsley,
Oregano & Feta Cheese

233 Calories, 11g Protein, 14g Fat, 408 mg Sodium, 26g Carbs, 54% Calories from Fat

~Simple Fare~ Oven Roasted Turkey

230 Calories, 32g Protein, 10g Fat, 105mg Sodium, 0g Carbs, 39% Calories from Fat

ACCOMPANIMENTS

Bread Stuffing

Parsley New Potatoes

Blistered Tomatoes with Herbs

Wax Beans & Roasted Red Peppers

Desserts

Pineapple Upside Down Cake

250 Calories

Apricot Halves 63 Calories

Diet Vanilla Pudding ~ 70 Calories