

General Diet Menu – Lunch & Dinner ...continued

(Amounts in parentheses are grams of carbohydrates)



Entrées

Substitutions and half portions available

♥ Catch of the Week – ask about our chef's fresh seafood feature of the week. Served with couscous (25g) and broccoli flowerets (5g).

♥ Garlic-Herb Chicken Breast – lightly seasoned and flame broiled, served with mashed sweet potatoes (25g) and spinach (5g).

Home Style Meatloaf (10g) – topped with savory mushroom gravy (5g), served with mashed potatoes (15g) and sweet whole baby carrots (10g).

Baked Macaroni & Cheese (30g) – topped with cheddar cheese and baked until golden, served with green beans.

Pot Roast – naturally juicy and slowly roasted until tender, served with a baked potato (25g) and corn (15g).

♥ Cornmeal Crusted Trout – farm raised trout lightly dusted (10g) and sautéed to perfection, topped with a mild black bean salsa (15g), served with white rice (30g) and California blend vegetables (5g).

Baked Chicken Parmesan – penne pasta (45g) or spaghetti (45g) with marinara sauce (10g), topped with a flamed broiled chicken breast and mozzarella cheese.

♥ Asian Stir-Fry – Asian style vegetables (10g) stir-fried in an orange ginger sauce (15g), served with white rice (30g) and a vegetable spring roll (10g). Available with chicken.

Condiments: salt, pepper, Mrs. Dash®, butter, margarine, sour cream, parmesan cheese, tartar sauce, soy sauce, steak sauce (3g), hot sauce, BBQ sauce (5g)

Pasta Bar

Served as a side dish (20g) or entrée (45g).

Pasta: Spaghetti, Penne Pasta

Sauce: Marinara (10g), Meat (5g), Garlic Herb

Taco Bar

Build your own soft shell (15g) taco!

Choice of Fillings: seasoned beef (5g), shredded chicken (5g), ♥ black bean salsa (15g), vegetarian refried beans (20g)

Choice of Toppings: shredded cheese, shredded lettuce, diced tomatoes, diced onion, black olives, sour cream, salsa (3g), taco sauce, ♥ guacamole (4g)

Sides: vegetarian refried beans (20g), white rice (30g)

Pizza

Personal size pizza (65g) with your choice of toppings!

Toppings: pepperoni, ham, sausage, chicken, mushrooms, tomatoes, green pepper, onion, black olives, spinach

From the Grill

Flame Broiled Burger (25g)

Vegetable Burger (40g)

♥ Grilled Chicken Sandwich (25g)

Grilled Cheese Sandwich (30g)

Toppings: cheese, lettuce, spinach, tomato, pickle, onion

Sides: regular potato chips (20g), baked potato chips (25g), pretzels (45g)

Condiments: ketchup (2g), mustard, mayonnaise, ♥ fat-free Miracle Whip® (2g), BBQ sauce (5g), relish (3g), honey mustard (5g), ♥ guacamole (4g)