

# OakView Lunch Menu

## Soup:

### *Broccoli Cheese Soup*

(Calories: 170, Sodium 285mg)

### *Vegetable Soup*

(Calories: 54, Sodium 193mg)

## Salad:

### *BLT Salad*

(Calories: 194, Sodium 362mg)

## Entrees:

### *Dry Rub Seasoned Chicken*

*Baked chicken with a medley of herbs and seasonings*

(Calories: 129, Sodium 121mg)

### *Honey Lime Pork Loin*

*A juicy pork loin coated in fresh squeezed lime juice and honey, baked to perfection*

(Calories: 250, Sodium 346mg)

### *Roasted Veggie Wrap W/ Garlic Aioli*

*Baked, seasoned bell peppers, onions, squash, and mushrooms, on a bed of romaine lettuce with a garlic aioli spread, wrapped in a warm spinach flour tortilla*

(Calories: 440, Sodium 750mg)

## Sides:

### *Yellow Rice*

(Calories: 159, Sodium 32mg)

### *Spring Blend Vegetables*

(Calories: 41, Sodium 45mg)

### *Oven Roasted Potatoes*

(Calories: 182, Sodium 213mg)

### *Peas and Pearl Onions*

(Calories: 95, Sodium 107mg)

## Always Available:

### *Steamed White Rice*

(Calories: 124, Sodium 2mg)

## Dessert:

### *Pineapple Upside-down Cake*

(Calories: 171, Sodium 235mg)

\*\*\* All nutritionals are correct and in conjunction with ADA Healthy Eating Patterns\*\*\*