

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***