



Thanksgiving Dinner 2009

SALAD

Mixed organic field greens with toasted walnuts and blue cheese vinaigrette
180 calories/12g fat

CHOICE OF ENTREES

All Natural Roasted Breast of Turkey
150 calories/3.5g fat

All Natural Maple Glazed Baked Ham
245 calories/7g fat

Crispy Parmesan Polenta
With wild forest mushrooms and roasted asparagus
270 calories/10g fat

CHOICE OF SIDES

Cornbread Stuffing
25 calories/1g fat

Fresh Green Beans
85 calories/2.5g fat

Roasted Garlic Mashed Potatoes
120/2g fat

Corn-Lima Bean Succotash
90 calories/.5g fat

Sweet Potato-Pear Soufflé
60 calories/1g fat

Orange Glazed Carrots
30 calories/2g fat

CHOICE OF DESSERTS

Pumpkin Pie with Gingersnap Crust and Whipped Topping
160 calories/2.25g fat

Apple Cobbler with Frozen Vanilla Yogurt
195 calories/3g fat