



BIRTHDAY MENU

October 8, 2025 – 1045 to 1315

APPETIZERS

- French Onion Soup
- Shrimp Cocktail
- Deviled Eggs

ENTREES

- Grilled Steak
*w/ Sautéed Mushrooms
& Onions*
- Lobster Tail

SIDES & SALADS

- Baked Potato
w/ Sour Cream & Butter
- Italian-cut Green Beans
- Corn on the Cob
- Salad Bar
w/ Assorted Dressings
- Fruit Salad
- Dinner Rolls

DESSERTS

- Birthday Cake
- Cheesecake
- Assorted Fruit Pies
w/ Strawberry Topping

ASSORTED BEVERAGES



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-  **Shrimp Cocktail**
 90 Calories, 1.5 G Protein, 1063 G Carbs, 0.40G Fiber, 368 Mg Sodium, 25.60 G Fat
-  **French Onion Soup**
 162 Calories, 12.9 G Protein, 31.3 G Carbs, 1.2 G Fiber, 2,046 Mg Sodium, 11.1 G Fat
-  **Deviled Eggs**
 87 Calories, 5.8 G Protein, 10.9 G Carbs, 0.1 G Fiber, 147 Mg Sodium, 5.9 G Fat
-  **Grilled Steaks**
 282 Calories, 39.5 G Protein, 0 G Carbs, 0.0 G Fiber, 94 Mg Sodium, 12.7 G Fat
-  **Baked Lobster Tails**
 208 Calories, 16.8 G Protein, 0.2 G Carbs, 0.1 G Fiber, 593 Mg Sodium, 67.3 G Fat

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|  Baked Potatoes 1 Potato
187 Calories, 4.9 G Protein, 88.7 G Carbs,
5.3 G Fiber, 15 Mg Sodium, 0.2 G Fat |  Corn on the Cob 1 Ear
123 Calories, 4.1 G Protein, 29.4 G Carbs,
3.5 G Fiber, 83 Mg Sodium, 1.0 G Fat |
|  Italian Cut Green Beans ¾ Cup
42 Calories, 1.9 G Protein, 8.2 G Carbs,
2.8 G Fiber, 3 Mg Sodium, 0.2 G Fat |  Fruit Salad 1/2 Cup (4 oz)
71 Calories, 7.7 G Protein, 17 G Carbs,
1.9 G Fiber, 13 Mg Sodium, 0.3 G Fat |
|  Sautéed Mushrooms & Onions ¼ Cup
75 Calories, 5.9 G Protein, 29.8 G Carbs,
1.5 G Fiber, 183 Mg Sodium, 5.7 G Fat |  Butter 2 oz
407 Calories, 0.5 G Protein, 0 G Carbs,
0 G Fiber, 365 Mg Sodium, 46.0 G Fat |

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|  Birthday Cake 1 Piece
119 Calories, 0 G Protein, 62.3 G Carbs, 1.2
G Fiber, 106.9 Mg Sodium, 6.2 G Fat |  Cheesecake w/ Strawberry Topping
1 Slice, 395 Calories, 1.1 G Protein, 53.4 G
Carbs, 1.7 G Fiber, 296 Mg Sodium,
22.4 G Fat |
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