



# SAVOR

CULINARY SERVICES

## DIABETIC MENU

Low in Fat and Calories, High in Nutrient-Rich Foods

### BREAKFAST

#### QUINOA BERRY BREAKFAST BAKE

#### ROASTED VEGETABLE FRITTATA WITH FRESH HERBS

### LUNCH

#### CHICKEN LEMON KABOBS

served with Wild Rice and Pistachios and Rosemary Vegetables

#### ITALIAN CHICKEN WRAP WITH FRESH ROMAINE AND HEIRLOOM TOMATOES

served with a Whole Wheat Tortilla and Roasted Tomato Basil Soup

### DINNER

#### MEDITERRANEAN-STUFFED CHICKEN BREAST

served with Greek Zucchini and Sauteed Garlic Kale with White Beans

#### GRILLED TURKEY WITH TWO-MELON SALSA

served with Black Beans with Cilantro and Cumin-Roasted Butternut Squash

#### TUSCAN-GRILLED SNAPPER

served with Basil-Whipped Carrots and Broccoli with Sundried Tomatoes